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Drew Barrymore is wearing ShineBlast in Fire.

*vs. bare lips





You got's

*Girl, you're workin' so hard!
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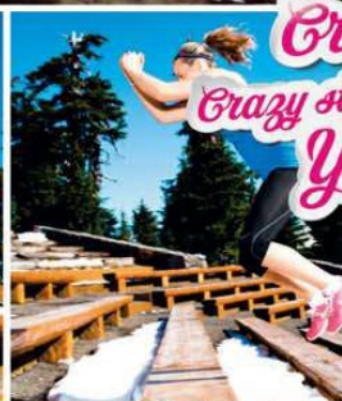
Crazy stairstep-steppin' with the sunglasses-sunnin'!

You're Vancouver gunnin'!

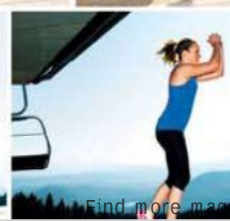
*Keeping cool in the Nike Pro.
Training to meet any foe,
make the dough and steal the show.*

Oh yeah. They better beware.

The girl's got that gold-medal stare!



*Delicious
training*



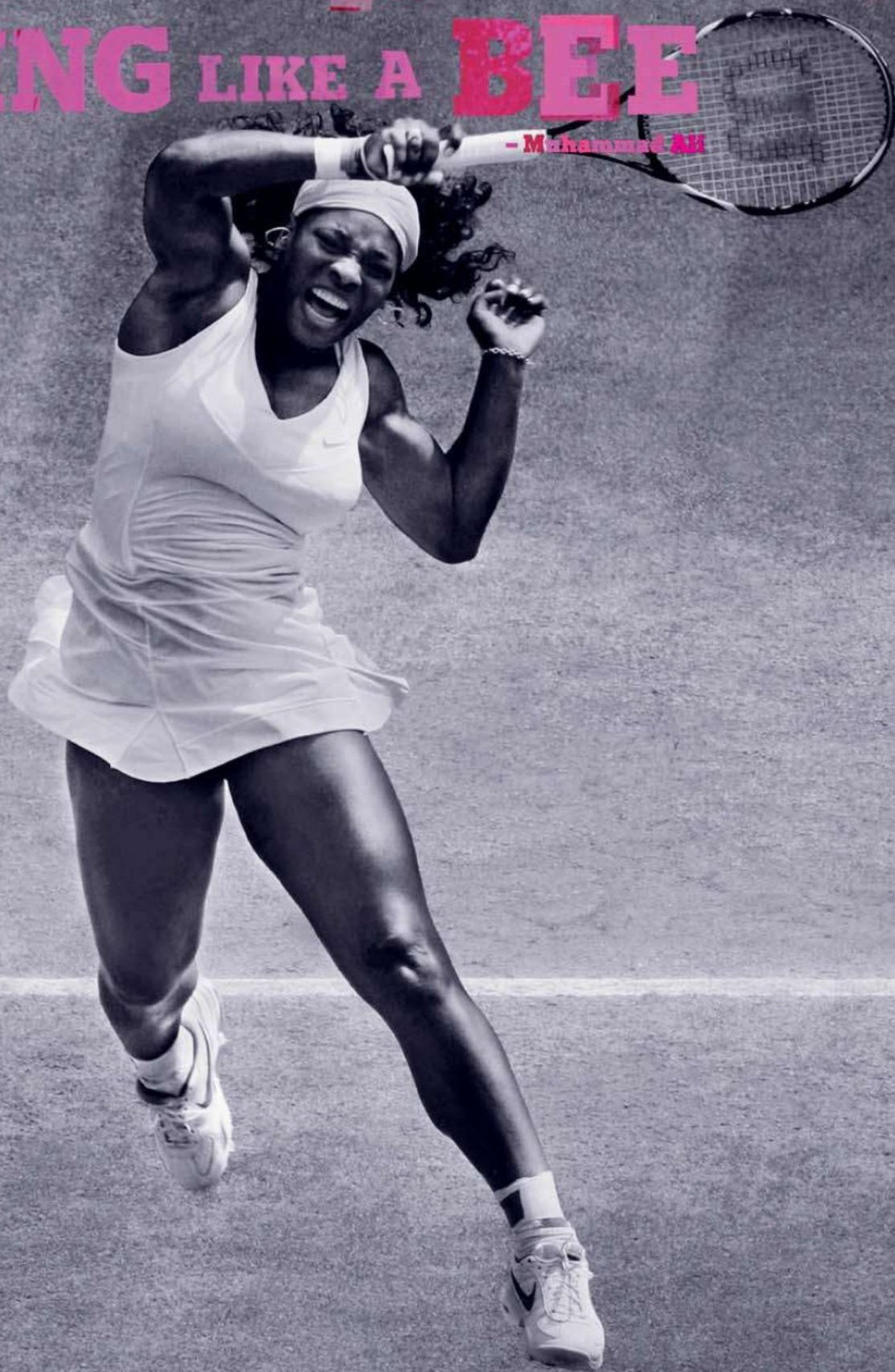


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*Ellery Hollingsworth goes off in
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- Muhammad Ali





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Drew Barrymore is wearing Lashblast Length in Very Black. *on average vs. bare lashes.

easy breezy beautiful COVERGIRL.



February 2010



p.102

clothes that make you happy

These cute pieces will put a big smile on your face!

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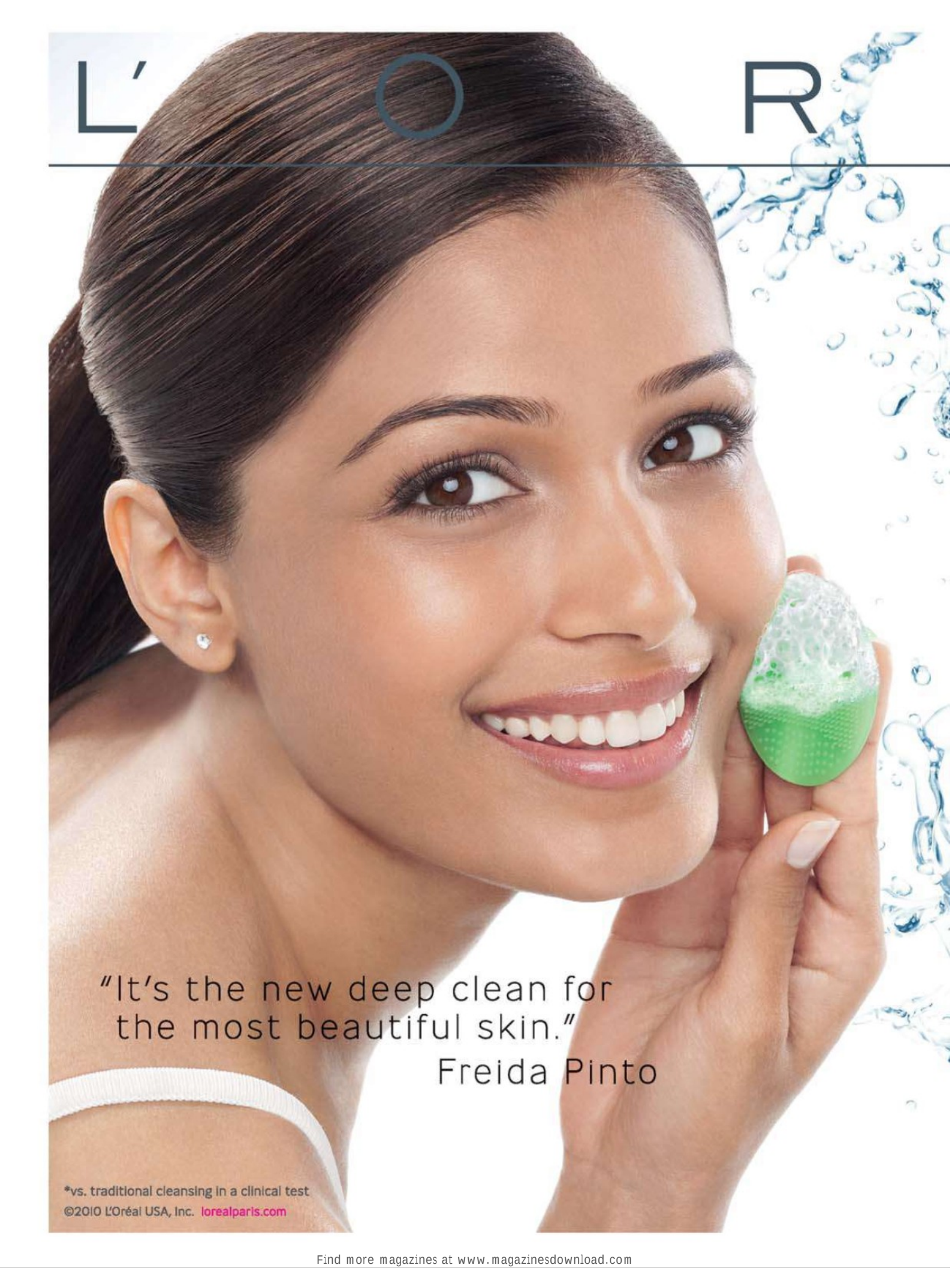
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A close-up portrait of actress Freida Pinto smiling and holding a green, textured, egg-shaped cleansing device against her cheek. The device is covered in white foam. The background is white with blue water splashes on the right side. The L'Oréal Paris logo is at the top, with the 'O' being a blue circle.

L'

O

R

"It's the new deep clean for
the most beautiful skin."

Freida Pinto

*vs. traditional cleansing in a clinical test
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É

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health



They got strong and toned with our plan!
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Kelly Clarkson

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You know her as sweet Little J, but it's Taylor's hard-rock music that shapes her style. Now steal it for yourself!



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Zipper tank by Bess. White tee by Riller & Fount. Gold-and-rhinestone necklace by Janis Savitt. Circle necklace Taylor's own. Fashion Stylist: Annabel Tollman. Hair: Fred Vandebunt. Makeup: Charlie Green. Manicure: Elle. Photographs: Jonty Davies.

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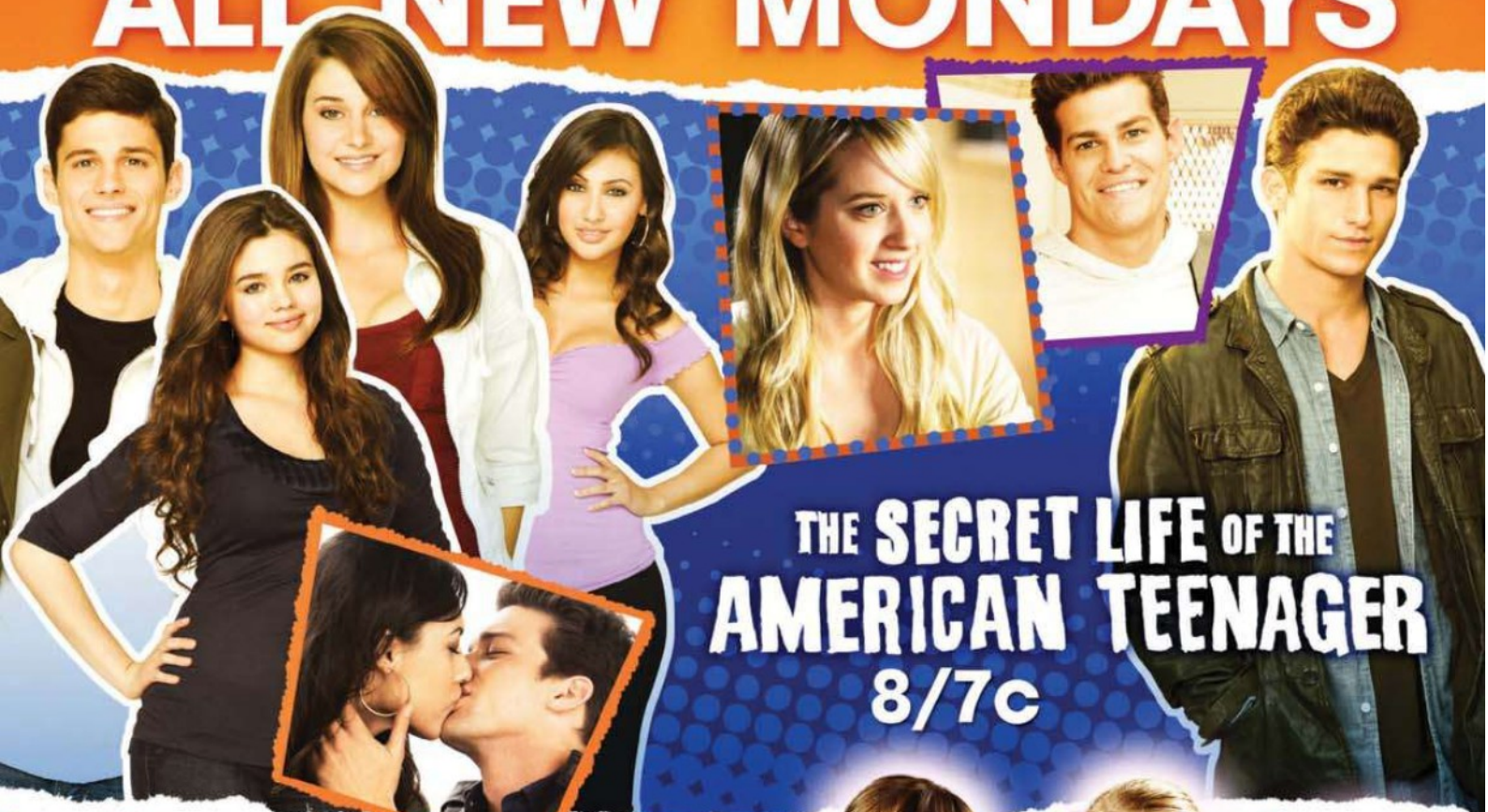
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Top by Catherine Malandrino. Hat by Eugenia Kim. Necklace by Helen Ficalora. Fashion Stylist: Anna Levak. Hair: Michael Kanyon. Makeup: Vincent Oquendo. Photographs: Gilles Bensimon.

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BEHIND THE SCENES AT SEVENTEEN!

Check out the fun stuff that went into the making of this issue!

This girl rocks!

While we were working on this mag, practically the entire office had The Ting Tings' "That's Not My Name" on repeat on iTunes! Katie White told us her secret for success: "Just do your own thing and don't try to please everybody." Rock on! (See the other Girls Who Rock on p.90!)



The Ting Tings

Top Model gets a digital makeover!

The stylists on *America's Next Top Model* have access to the coolest clothes on their photo shoots. Thanks to Roi World, now you can be an ANTM stylist! Log on to seventeen.com/roiworld to style "virtual" ANTM winner Nicole in your fiercest look!



Nicole and me at her cover shoot!



Meet Lulu!

Lulu is the cutie-pie Pomeranian in our "Clothes That Make You Happy" feature on p.102. But this isn't her first time in

Seventeen—we fell in love with the itty-bitty fluffball in last year's Prom issue!



February 2010

Prom Winter/Spring 2009

Hi!

I'm always blown away by our cover stars. They are beautiful, talented, and so **driven**. (Wait until you read Taylor's story on p.96—she is one of the most focused girls I've ever met!)

But recently on my Facebook page, a few of you have posted asking to see "**real girls**" on the cover. Some girls vouched for their friends, some thought we should have a contest, and some even nominated **themselves**. (Love the confidence, ladies!)

I really take your comments to **heart**—but the thing is, all the girls we put on the *Seventeen* cover are real girls!

Taylor Momsen is 16 years old, and when she isn't in front of TV cameras on *Gossip Girl*, she's **hanging out** with her friends playing guitar. On Selena Gomez's days off, you're just as likely to catch her **skateboarding** around the neighborhood as you might see her shopping with her mom. And Lauren Conrad told us that when she isn't working, she bakes **banana bread** for her friends!

It's true, these girls get to live **amazing** lives—being famous comes with major perks. But don't get caught up in the idea that being famous makes you **different**, or not "**real**." These are girls who have a dream and work like mad. . . . Doesn't that sound a lot like you and your friends?



Selena Gomez is a perfect example of our fave real-girl cover girls!



So who would you like to see on our cover? (Go ahead and nominate yourself—I'm listening!) E-mail me at ann@seventeen.com or post at [facebook.com/annshoket](https://www.facebook.com/annshoket).

XOXO
-A.

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Here are the e-mails about the November issue that got us talking!

CHANGE OF HEART



I loved the **Taylor Lautner** poster, but Rob Pattinson really stood out in the special **Twilight** section. I wasn't a fan of his before (in interviews he seems so blah), but you showed me a whole new side to **him**. Even though he was self-deprecating, he seemed really serious about his work. He called *Twilight* a "tragic story"—that's such an **interesting** way to see Edward and Bella's love. *Finally*, I understand all the hype about Rob. Sorry, Taylor!

—MARIA, 16, MOUNT PLEASANT, SC



team bella

Honestly, I love **Kristen Stewart**! It was cool of her to admit in her interview that she was used to doing "tiny movies" and felt "nervous and weird" in her *Twilight* audition. It seems like she's not used to the celebrity life, and I feel like she's a little awkward because of it, and that's **exactly** why I like her. Most girls, like me, are shy too, and it's easy to relate to her *because* she is so **different** from the other picture-perfect girls in Hollywood—and she's okay with it!

—KASSIDY, 16, BUENA PARK, CA

BODY SPARK

In "My Body Peace Breakthrough," **Jordin Sparks** says, "I wasn't part of the group that guys thought were **cute**—I was a lot taller, bigger, and thicker than other girls." That's my body type too, and hearing her say that really hit home. It made me see **myself** differently: I get told all the time that I have a pretty face, but I still look in the mirror sometimes and dislike my body anyway. Now when I'm having a bad day, I think to myself, If Jordin can be **confident**, I can too! Thank you!

—MEGAN, 16, NAPERVILLE, IL



See more celeb
BodyPeace
Breakthroughs at
[seventeen.com/
breakthrough](http://seventeen.com/breakthrough).

rockin' ringlets

before



Seventeen nailed my hair type in "Get Healthy Hair!" I am bent on **growing my hair** as big as possible, and I now rinse with cold water to keep it tame—

thank you for the tip! My **extra trick**: Leave some conditioner on: It helps keep the curls soft!

—KANDICE,
18, LIVE
OAK, TX



after



MISSED MSGS

“ ‘Flirt texting’ had fun tips, but I feel like starting your **flirtationship** with texting (or taking the ‘text step,’ like you suggest) can make it harder to find the **courage** to initiate things with your crush in person later on! Try getting to know him first, then start **texting**. You’ll probably have more to talk about, anyway! ”

—HAVEN, 17, WOODSTOCK, GA

fire power



I liked that “Girls and Guns” promoted using guns **responsibly**, but something Kaylin said worried me: “My guy friends think it’s the coolest thing.” Guns are weapons, not a way to get social approval from guys, or anyone else for that matter. I know firsthand how **dangerous** they can be—someone I know recently committed suicide by using one. Guns should be used only for protection, and it’s **important** they stay locked up when not in use.



—RACHEL, 15, REDDING, CA

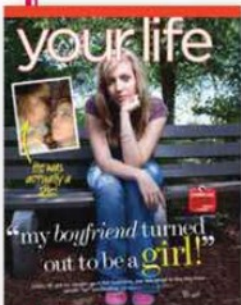
MOOD LIFTER

“ I suffer from **panic attacks** just like Char in ‘Is It Just a Bad Mood . . . or More?’ It can be hard when you feel like no one **understands** you. Some of my friends think I’m faking it for attention, but to me, my anxiety **problems** are no joke. After reading this feature, I felt such a sense of relief—I finally feel like I’m not going through this **alone**. ”

—TAYLOR, 20, CAMPBELL, NY



note from the editors



We received hundreds of letters in response to our article “My Boyfriend Turned Out to Be a Girl!” While many of you related to the **shock** that Sheri, 18, expressed, a lot of you felt upset and **disappointed** that we didn’t use Sheri’s experience as an opportunity to discuss transgender issues and felt that we presented transgender people in a **negative** light. We are grateful for all your letters and want to make clear that we in

no way meant to make negative assumptions about transgender people and the **difficulties** they face. At its core, Sheri’s story was about one girl’s first true love, and we regret any hurt we may have unintentionally caused. If you or a friend are looking for support, or resources for LGBT issues, or if you want to start an LGBT support group at your school, go to **glsen.org**.

IT'S ALL ABOUT THE COLOR

Colors shown top to bottom: Enchantress, Stolen Kisses, Sheer Fun, Virtuous Violet

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TOLUENE, OR FORMALDEHYDE**

Visit www.nicolebyopi.com to see all the shades of Nicole Nail Lacquer. ©2010 OPI Products Inc.

magdalena, 18



WHAT TO WEAR NOW:

DOTS

Whether you like them big and bold or tiny and sweet, this print has a fun, playful feel. Connect them to *your* style vibe!

jeacket
Sizes XS–XXL,
American Eagle Outfitters,
\$80, ae.com.

shirt
Sizes S–L, Lulu’s, \$34,
lulus.com.

skirt
Sizes XS–L, Forever 21,
\$15, forever21.com.

earrings
Charlotte Russe, \$4,
Charlotte Russe stores.

necklace
Topshop, \$40,
topshop.com.

belt
Forever 21, \$9,
Forever 21 stores.

ring
Lulu’s, \$11, lulus.com.

socks
Hue, \$14 for six pairs,
Macy’s.

loafers
Sizes 6–11, G.H. Bass,
\$89, Bloomingdale’s.

seventeen.com
Win some of
spring's trendiest
clothes at
**seventeen.com/
freebies.**

pin
Lulu's, \$8,
lulu's.com

socks
Hue, \$6 for
each pair,
Macy's

skirt
Sizes S-L,
Grass, \$42,
grassclothing.com

dress
Sizes XS-L,
Necessary
Objects by Ady
Gluck, \$78, call
212-719-4650 for
stores

Rebecca Taylor

bangles
Lulu's,
\$8 each,
lulus.com

earrings
Betsey
Johnson,
\$35, Lord
& Taylor

bag
Arizona by
JCPenney, \$26,
jcp.com

jacket
Sizes XS-L, Nitrogen by
RD Style, \$78,
nationaljeancompany.com.
shirt
Sizes S-L, Fleurish, \$36,
Macy's
leggings
Sizes XS-L, Femme for
DKNY Jeans, \$59, Macy's.
shoes
Sizes 37-40, H&M, \$50,
H&M stores.

sneakers
Sizes 6-11, Onitsuka
Tiger, \$80,
journeys.com

love it **now** and **later!**

Get some serious bang for your buck. Here's how to wear your new pieces today—and all the way through spring!

denim vest

kiki, 20



NOW With a warm sweatshirt, leggings jeans, and tall boots, you'll be cozy and cute—not bulky.

NEXT MONTH Pink jeans and a cropped jacket underneath lighten up this vest.

IN THE SPRING As the weather gets warmer, this vest can be all the jacket you need over a bright short-sleeved dress.

vest (in all three outfits) Sizes XS–XL, Hurley, \$68, Bloomingdale's. **sweatshirt** Sizes XS–XXL, Old Navy, \$13, Old Navy stores. **jeans** Sizes 0–11, Element Eden, \$50, Billabong stores. **boots** Sizes 6–10, MIA, \$99, Macy's.

jacket Sizes XXS–L, Obey Clothing, \$74, shop.obeyclothing.com. **tee** Sizes S–XL, Villains and Vagabonds, \$38, Metropark stores. **jeans** Sizes 0–13, YMI Jeans, \$38, ymijean.com. **bag** Aerie, \$30, aerie.com. **booties** Sizes 5–12, Nine West, \$109, Nine West stores.

dress Sizes S–L, Lulu's, \$35, lulus.com. **hat** Sizes S–XL, New York Hat Co., \$55, newyorkhatcotogo.com. **sneakers** Sizes 6–11, Pastry, \$55, Foot Locker stores.

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outfit with over 10,000 styles
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stylesavvyds.com

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NINTENDO DS™

animal print dress

anjela, 16



NOW Tights and a dark jacket are the key to winterizing this dress—and black makes the animal print pop!



NEXT MONTH A light button-down works as a preppy cover-up—the boots give the look a boho feel (and keep your legs warm without tights!)



IN THE SPRING A pale sweater-vest and a bright bag soften up this look, but chunky boots add a little edge.



dress (in all three outfits) Sizes XS–L, Mango, \$50, mangoshop.com. **jacket** Sizes XS–L, Threads for Thought, \$48, threadforthought.com. **hat** Roxy, \$25, roxy.com. **tights** Hue, \$13, hue.com. **shoes** Sizes 6–10, Rampage, \$59, Macy's.

shirt Sizes XS–XL, Aéropostale, \$20, aeropostale.com. **belt** AMI Clubwear, \$8, amiclubwear.com. **cuff** CutesyGirl, \$13, cutesygirl.com. **boots** Sizes 5½–10, Urban Original, \$25, urbanog.com.

vest Sizes XS–XXL, Old Navy, \$25, Old Navy stores. **bag** Lulu's, \$52, lulus.com. **boots** Sizes 5½–10, GoJane, \$30, gojane.com.

cargo pants

seventeen.com

Put together your own looks with these basics at seventeen.com/dressingroom

mariah, 17

ON MARIAH: EARRINGS, CUTESYGIRL; SILVER CHAIN NECKLACE, URBAN ORIGINAL; BEADED NECKLACE AND RING, BOTH LULU'S; BANGLES, BOTH GIRLPROPS; SOCKS, KBELL; ADDITIONAL ACCESSORIES: (NEXT MONTH) NECKLACE, LULU'S; BAG, AMI CLUBWEAR; (IN THE SPRING) NECKLACE, AMI CLUBWEAR.

NOW

Cuff the cargos to show off chunky socks, then add tons of toasty layers on top.

cargo pants (in all three outfits) Sizes 1-14, Unionbay, \$40, Kohl's. **cardigan** Sizes XS-L, Mango, \$80, mangoshop.com. **shirt** Sizes XS-L, Victoria's Secret PINK, \$45, vspink.com. **tank** Sizes S-XL, The Limited, \$25, The Limited stores. **boots** Sizes 6-10, MIA, \$99, Macy's.

NEXT MONTH

Add a light hoodie and studded peep-toe booties for a glam midseason look.

hoodie Sizes XS-XL, Hurley, \$48, Bloomingdale's. **tank** Sizes XS-XL, O'Neill, \$40, oneill.com. **booties** Sizes 5½-10, Urban Original, \$20, urbanog.com.

IN THE SPRING

This fabric really does work year-round. When the weather gets warm, go sporty with a floral scarf and basic sneaks.

cardigan Sizes XS-L, DKNY Jeans Juniors, \$39, Macy's. **tank** Sizes S-XL, The Limited, \$25, The Limited stores. **scarf** AMI Clubwear, \$6, amiclubwear.com. **sneakers** Sizes 5½-11, Tretorn, \$55, tretorn.com.

restyle my basics!

Take the pieces you already have and transform them into tons of cute looks with these styling tricks.

YOUR **10** KEY PIECES



brittanie, 16

the basics:



STYLE TIP
Use a cardi as a belt to cinch in your dress—it gives your whole look a sporty-preppy vibe.

seventeen.com

Get great deals on key pieces and styling extras at seventeen.com/basics

STYLE TIP
Layer a floral top over a printed tee—the peek of sleeve and ripped-up jeans give a sweet piece a cool makeover.

the basics:



REAL GIRL PHOTOS: SARRA FLEUR ABOU-EL-HAJ/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: CLAUDIA LAKE FOR NARS COSMETICS/CONTACTNYC.COM. ON BRITTANIE: (TOP) EARRINGS: CUTESYGIRL; NECKLACE: ABBEY DAWN; (BOTTOM) SCARF: AMI CLUBWEAR; BAG: LULU'S; SHOES: FOREVER 21. STILL LIVES: CHRISTOPHER COPPOLA/STUDIO D. STILL LIVES STYLIST: JOHN OLSON.

the basics:



STYLE TIP
Put mismatched prints together to give them new life—just make sure they have one common color, like the purple here.

the basics:



STYLE TIP
Mix pieces that have different personalities. Casual + girly + sporty makes your look more interesting.

the basics:



STYLE TIP
Wear your plaid shirt as a jacket, then pair it with an animal-print scarf to give it a wild edge.

the basics:



STYLE TIP
An outdoorsy jacket with a little plaid peeking out gives a flirty dress a country feel.

spring upgrades

Try something different! These hot trends feel familiar, but they'll freshen up your entire look.

basic: plaid shirt



Hayden Panettiere



spring upgrade:

cropped plaid shirt

Long and fitted is so last season. Pair a boxy top with skinny jeans—it's an interesting shape that's still **laid-back**.

Sizes XS–XL,
Volcom, \$38,
volcom.com

basic: black lace-ups



Dakota Fanning



spring upgrade:

printed lace-ups

Flowers **sweeten up** these tough boots, so show them off by keeping the rest of your outfit solid and fitted (like leggings and a tee).

seventeen.com
Rate your favorite
celeb's style at
seventeen.com/
loveit

Sizes 5–11,
Dr. Martens,
\$140,
drmartens
.com

basic: gray skinnies



Jessica Szohr



Sizes 0–11,
Celebrity
Pink, \$24,
Dillard's

spring upgrade:

faded leggings jeans

Stretchy denim leggings are the new, even comfier version of skinnies. For a **springy feel**, try them in pale blue with a light floaty top.

basic: studded tote



Taylor Momsen



Topshop,
\$80,
topshop.com

spring upgrade:

studded long-strap

A smaller shape gives you a **cleaner look** than an oversize bag. Wear it over a pretty dress for an unexpected shot of punk.

PANTENE

PRO-V

Wish you could rescue hair from winter damage
and get breakage protection leading salon brands can't beat*?

Pantene Restoratives has advanced pro-vitamin formulas that start at the core and strengthen against winter damage, dryness, even static. And if you're not satisfied we'll actually switch you back to your old product, even if it's a salon brand.** That's confidence! See Pantene.com for details.

HEALTHY MAKES IT HAPPEN



©2009 P&G. *Shampoo and conditioner system vs. leading salon brand systems based on 2007 Kline report of sales data.
**Call 1-866-292-7056 for details. Refund offer applies to pictured Pantene products and 1 replacement shampoo, conditioner or styler of choice up to \$20. Original receipts for Pantene and replacement product required within 30 days of purchase. Offer void in Maine. Offer available 11/29/09-5/1/10. Limit 1 per household.





Seventeen Beauty Smartie, **Dulce "Candy"**, helps solve real *Seventeen* readers' hair issues with **Pantene Pro-V Restoratives** and **Pantene Pro-V Ice Shine** collections.* Find out below how you too can get healthy and beautiful hair this year!

RESTORE

THIS IS YOUR YEAR



Want to say goodbye to winter flyaways?

Get breakage protection leading salon brands can't beat with Pantene Pro-V Restoratives Breakage Defense system.* The Breakage Defense shampoo and conditioner system is specially designed to strengthen hair against damage and provide 90 percent less breakage in one month.** The pro-vitamin formulas of the products in the Restoratives Breakage Defense regimen help transform easily breakable hair into resilient hair resistant to damage. Now that's protection!

*Pantene shampoo and conditioner system vs. leading salon brand systems on 2007 Kline report sales data.

**Shampoo and conditioner vs. non-conditioning shampoo.



Madison from Florida

"I used to straighten my hair every single day. Then I got into the curling addiction stage and now my hair doesn't cooperate with me at all. :(It gets super frizzy and doesn't move around like it used to. I want my old hair back—I'd do anything for it."



Take a look at these tips on how to get hair that is moisturized and healthy looking, with static control, by using Pantene Pro-V Restoratives. Hope you enjoy! XO, Dulce "Candy"

- 1) To help stop hair breakage, start using **Pantene Pro-V Restoratives Breakage Defense Shampoo** at least every other day.
- 2) Next, moisturize and treat damaged areas of your hair by applying **Pantene Pro-V Restoratives Breakage Defense Conditioner** and leave on for about 3 minutes.
- 3) When you get out of the shower, take three pumps of **Pantene Pro-V Restoratives Frizz Control Extra Strength Serum** and comb through your hair for styling damage protection and to help prevent frizz. To prevent more styling damage, I recommend letting your hair air dry.
- 4) To quench parched hair while also protecting it from future damage, apply the **Pantene Pro-V Restoratives Time Renewal Mask** on your hair 1x a week or 2x a week if your hair is really dry.

*Dulce "Candy" received products for her endorsement/support of these products.

Go to **facebook.com/17actionista** to view Dulce "Candy's" videos to get insider advice on how to get static control with the **Pantene Pro-V Restoratives** collection and up to twice the shine with the **Pantene Pro-V Ice Shine** collection.

SHINE

Veronica from New York

"My hair is in desperate need of more shine. I was born with pin straight hair and when I turned 12, it started to get really wavy. Now it is super curly and so dull. Just recently I cut off about 11 inches thinking maybe, since it's more healthy, it would look shinier. That didn't happen. So I'm in need of hair tips to keep my curls maintained and my hair shiny."



Check out these tips on how to use Pantene Pro-V Ice Shine products to remove all those unwanted extras that dull your hair. Your hair will feel smooth and look shiny. All the best! XO, Dulce "Candy"

- 1) To avoid build-up from dirt, oils and styling products, refresh with **Pantene Pro-V Ice Shine Shampoo** every couple of days.
- 2) Follow with **Pantene Pro-V Ice Shine Conditioner** and leave on for about 3 minutes before washing out. The lightweight formula will leave your hair shiny and healthy.
- 3) When you get out of the shower, shake up **Pantene Pro-V Ice Shine Mousse** and apply to give more body and shine to even fine hair. Let your hair air dry to help prevent styling damage. If you are going to blow-dry, just apply mousse at the roots to give your hair lift.
- 4) To complete your style, spray **Pantene Pro-V Ice Shine Hair Spray** on dry hair as needed to help prevent cold wind blowing your style this winter. Its formula is lightweight and it helps hair reflect light making it shiny.



Winter hair blues got you feeling dull?

Snap out of it with Pantene Pro-V Ice Shine collection. The advanced pro-vitamin shampoo and conditioner system penetrates to the core and helps protect each hair strand, and provides healthy shine results leading salon brands can't beat.* The Ice Shine collection works together to smooth hair's cuticle for up to twice the shine.** The Ice Shine regimen is designed to impart hair with the smoothness, purity, regularity and reflectivity that are the building blocks of ice-like shine. Go ahead, shine on.

*Pantene shampoo and conditioner system vs. leading salon brand systems on 2007 Kline report sales data.

**Shampoo, conditioner, and hairspray vs. non-conditioning shampoo.

PANTENE

PRO-V

Wish you could outshine dullness
and get amazing healthy shine leading salon brands can't beat*?

Pantene Ice Shine is an advanced pro-vitamin system that starts at the core and helps polish strand by strand for 2x the shine.** And if you're not satisfied we'll actually switch you back to your old product, even if it's a salon brand.*** That's how confident we are. Check out Pantene.com for details.

HEALTHY MAKES IT HAPPEN

©2009 P&G. *Shampoo and conditioner system vs. leading salon brand systems based on 2007 Kline report of sales data.
**Shampoo, conditioner and hairspray vs. non-conditioning shampoo.
***Call 1-866-292-7056 for details. Refund offer applies to pictured Pantene products and 1 replacement shampoo, conditioner or styler of choice up to \$20. Original receipts for Pantene and replacement product required within 30 days of purchase. Offer void in Maine. Offer available 11/29/09-5/1/10. Limit 1 per household.



own this? buy that!

Why splurge on a whole spring wardrobe? One key purchase can make your favorite staples feel new again!

OWN THIS?

BLACK BLAZER

Sizes S-L,
Grass, \$59,
Macy's

BUY THAT!

CUTOFF SHORTS

Sizes 0-13,
Rip Curl, \$44,
Rip Curl stores

Beat-up cutoffs give a polished jacket an L.A.-cool edge. (Add tights until spring!)

Kristin Cavallari

OWN THIS?

SHINY LEGGINGS

seventeen.com
Get more cool style ideas every day at seventeen.com/styleblog

Sizes XS-L, Femme for DKNY Jeans, \$59, Macy's

BUY THAT!

LEOPARD TOP

Sizes S-L, Almost Famous, \$15, select Sears

Pick a bold top that is more covered up, so glam leggings feel sexy, not trashy.

Hilary Duff

OWN THIS?

OVERSIZE CARDI

Sizes XS-L, Express, \$50, select Express stores

BUY THAT!

FLOWY DRESS

Sizes XXS-L, Obey, \$98, shop.obeyclothing.com

Putting a long cardi over a short dress makes it feel relaxed in a playful way.

Leighton Meester

build your perfect wardrobe

Be sure every piece in your closet makes you look amazing! Here are the must-haves for *your* figure.

seventeen.com
Try on the hottest new pieces from your house! Check out seventeen.com/dressingroom.

PETITE

Rachel Bilson



FITTED BLAZER

The structured shape and nipped-in waist flatter—not overwhelm—your small frame.

DIP-DYED TANK

Light colors across the bust enhance your curves on top.

tank
Sizes XS-L,
Ezekiel, \$39,
select
Nordstrom

skirt
Sizes XS-XL,
Volcom, \$40,
volcom.com

KNIT MINI

The high hem makes legs look long, and the clingy fabric amplifies curves.

dress
Sizes S-L,
Forever 21, \$23,
select Forever 21
stores

TIERED DRESS

The sweet shape complements your small figure, but the layers also fill you out.

jeans
Sizes 1-13,
Unionbay, \$34,
unionbay.com

OH NO!



Vanessa Hudgens

A long, loose maxidress swallows you up like a tent.

jacket
Sizes S-XL,
Southpole,
\$25, drjays.com

BRIGHT BOMBER

Your little frame can pull off a cropped jacket without looking too short on top.

ANKLE JEANS

Skinny jeans with a cropped inseam save you from having to get them hemmed!

BELTED MINI

A short dress with a wide belt visually raises your waist (and highlights it), to make legs look longer!

Shenae Grimes



TURN for more looks! ➔

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premieres january 17
sunday at 8/7c



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TALL

HIGH-WASTED SHORTS

If you have long legs, show them off! A high waist will make them look even longer than usual!

ALLOVER PRINT

A long shirt in a bold pattern keeps you from looking lanky!

JEANS

Sizes 1-25,
Indigo Saints,
\$46, alloy.com

shirt

Sizes S-L,
Trash &
Luxury, \$88,
karmaloop
.com

SKINNY JEANS

Dark, narrow jeans make you look long and lean. (These come in extra-long lengths!)

dress

Sizes S-L, AMI
Clubwear, \$18,
amiclubwear.com

LAYERED DRESS

Bright stripes, a full skirt, and high, wide waistband break up a long top half.

Rihanna

STRUCTURED JACKET

Adding volume at your shoulders defines your shape in a sexy way.

sweater

Sizes XS-L,
Hard Tail, \$95,
hardtailforever
.com

skirt

Sizes S-L, Lulu's,
\$31, lulus.com

FULL MINI

A short, twirly skirt fills you out a little bit and looks perfect with flats.

DRAPEY DUSTER

A long, dramatic jacket highlights your height and won't overwhelm you.

OH NO!

AnnaLynne McCord

Bleached and cropped low-waisted skinnies (with a too-tight jacket) make you look out of proportion!

CURVY

STRAIGHT JEANS

A leaner fit lets you flaunt your hips and butt but won't squeeze you like skinnies would.

jeans
Sizes 2-12, Calvin Klein Jeans Body, \$80, calvinkleinjeans.com

V-NECK TOP

A deep-V sweater over a scoop-neck top shows just enough skin to keep you from looking too broad.

tunic

Sizes XS-L, LAMade, \$85, revolveclothing.com

STRIPED TUNIC

The darker stripe down the front lengthens you while the tie cinches you in!

ONE-SHOULDER TOP

The swoop across your chest makes you look narrower and shows off your arms!

jacket

Sizes XS-XL, O'Neill, \$70, oneill.com

BELTED JACKET

The tie-waist pulls in your middle, but the longer length skims over your hips.

CROPPED BOMBER

This shrunken fit hits right at your waist to really emphasize it!

YOLK WAIST

A V-shaped waistline defines your middle to enhance your hourglass figure.

skirt

Sizes 0-13, Soundgirl, \$34, soundgirl.com

Kim Kardashian

Beyoncé

top

Sizes 12-26, Torrid, \$38, torrid.com

OH NO!



Jordin Sparks

Too-long jeans that bunch at the ankle make you look wide and stumpy.

cold days, hot

seventeen.com

Go behind the scenes of Fashion Week at seventeen.com/runwayinsider

necklace \$11
Forever 21.
\$11, Forever 21 stores

watches \$20
Rumba, \$20 each,
rumbatime.com

headband \$6
AMI Clubwear, \$6,
amclubwear.com

bag \$19
AMI Clubwear,
\$19, amclubwear.com

sunglasses \$11
AJ Morgan, \$11,
fredflare.com

sneakers \$9
Sizes 5-10,
AMI Clubwear,
\$9,
amclubwear.com

belt \$8
Forever 21, \$8,
Forever 21 stores

earrings \$9
Urban Original,
\$9, urbanog.com

smaller necklaces \$14
Lulu's,
\$14 each,
lulus.com

larger necklace \$18
Lulu's, \$18, lulus.com

shorts \$20
Sizes 0-20,
Old Navy, \$20,
Old Navy stores

pretty pales

**SHOP ON YOUR
IPHONE OR IPOD TOUCH!**



See more cute trends on the Seventeen Fashion Finder, our new iPhone app! Get more info at seventeen.com/fashionfinder.

tank \$18
Sizes S-L,
Charlotte Russe,
\$18, Charlotte Russe stores

bargains!

Chase the winter blahs away with great deals on these spring trends!

\$20 & UNDER



\$11

necklace
Forever 21, \$11,
Forever 21 stores

\$15

top
Sizes S-XL,
Canyon River Blues,
\$15, Sears

\$10

belt
Forever 21,
\$10, Forever 21
stores



\$15

bangles
Razberri Confetti,
\$15 each,
razberriconfetti
.com



\$14

socks
Sizes S-L,
Hue, \$14 for set
of six pairs,
Macy's



Marc by
Marc Jacobs

bold brights



\$10

shoes
Sizes 5½-10,
Urban Original, \$10,
urbanog.com

\$18

bag
Arizona by
JCPenney, \$18,
JCPenney



\$9

earrings
Lulu's, \$9,
lulus.com



steal of the month: the ultimate bomber!

This amazing **H&M** motorcycle jacket has a high-fashion look—but a super-low price tag!

seventeen.com
Check out other
cool ways to
wear this jacket
at [seventeen.com/
styleblog](http://seventeen.com/styleblog)

WHY YOU'LL WANT IT:

1. The faux leather feels buttery (not plasticky), and the **cool seams** make it look like real pieced leather.
2. The fit is cropped, and the **pleated shoulders** give it a feminine twist.
3. The soft royal blue looks **more luxe** than basic black.



Sizes 4-12,
H&M, \$50,
hm.com

It's only \$50!



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What's **New!**
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Emily is wearing New Shine Sensational™ Lip Gloss in Glamorous Guava. ©2010 Maybelline LLC.

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LIP GLOSS

IN SHINE

SO LUSCIOUS, SO GLASSY, SO YUMMY

THE SECRET:
The amazing
richness of
fruit nectar.

SHINESENSATIONAL
LIP GLOSS

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LIP GLOSS

SHINESENSATIONAL
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SHINESENSATIONAL
LIP GLOSS

SHINESENSATIONAL
LIP GLOSS

NEW YORK

beauty

Looks
He'll
Love!

Give your favorite feature a flirty makeover
with these Valentine's Day-inspired ideas.
BY heather muir

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. HAIR: JOHNNY LAVOY. FORD ARTISTS NYC FOR HERASTASE. MAKEUP: KAYLEEN McADAMS AT THE WALL GROUP.
ON MODEL: TOP, INSIGHT; EARRINGS, CLAIRE'S; NECKLACES, HER OWN. STILL LIVES: J. MUCKLE/STUDIO D. CONRAD: JON KOPALOFF/FILMMAGIC.

try: Too Faced Travel Size Pink Toothbrush, \$5, toofaced.com

1 EXFOLIATE

Slough dry flakes off your lips so your lipstick glides on smoothly. Dampen a soft-bristle toothbrush with warm water and gently massage it in small circular motions over your lips.

1 fuchsia lips

Matte cherry-pink lips make you deliciously more kissable.

CELEB TRICK!



"Before wearing a bold lip color, I hydrate my lips with lip balm so the color goes on evenly and my lips feel soft."

LAUREN CONRAD

3 SET IT

For a modern matte finish, dip a sponge into translucent face powder, then blot it onto your lips—it will absorb shine and help your color last! Then reapply another light layer of lipstick.

try: N.Y.C. New York Color Smooth Skin Loose Face Powder, \$3, drugstores

seventeen.com
Get V-Day makeup ideas from the Beauty Smarties at seventeen.com/beautysmarties

17 TIP

If matte fuchsia lips feel too bold, make them softer by adding a layer of shimmery baby-pink gloss on top.



try: Mark Sparkle Tubes Hook Up Lip Gloss in Pink Sparkle, \$6, meetmark.com

2 SWIPE ON COLOR

A hot pink lip shade gives your whole complexion a warm boost of color. Choose a creamy formula with a lot of moisture in it so you can layer it without making it cakey.

FIND YOUR SKIN TONE:

fair

try: Victoria's Secret VS Makeup Matte Cream Lipstick in Muse, \$12, victoriasecret.com

beige

try: Physicians Formula Plump Potion Needle-Free Plumping Lipstick in Raspberry Potion, \$10, drugstores

olive

try: Maybelline New York Color Sensational Lipcolor in Pink of Me, \$8, drugstores

golden

try: Revlon ColorBurst Lipstick in Fuchsia, \$9, drugstores

bronze

try: Urban Decay Lipstick in Jilted, \$22, urbandecay.com

deep

try: L'Oréal Paris Colour Riche Lipcolour in Wild Plum, \$9, drugstores

TURN for more looks! →

lilac cheeks

This soft violet shade is an unexpectedly romantic pop of color.



1 PREP CHEEKS

Smooth a makeup primer all over clean skin—it will give your blush something to adhere to so it looks vibrant all day. Skip foundation: The lilac hue enhances your natural flush.

try: Too Faced Primed & Poreless Skin Smoothing Face Primer, \$30, toofaced.com

CELEB TRICK!



"I find that blush fades quickly on my skin. Since it's important for my cheeks to look perky, I always carry my blush so I can swipe on the right amount of color anywhere."

VANESSA HUDGENS



3

HIGHLIGHT

For a glowy finishing touch, sweep a shimmery pink highlighter over the tops of your cheekbones, like you're forming two letter Cs around your eyes.

try: EcoTools Bronzer Brush, \$10, ulta.com; Revlon ColorStay Mineral Finishing Powder in Brighten, \$14, drugstores

2 ADD COLOR

Make your cheeks stand out by swapping your go-to pink blush for a violet one. (Don't have one handy? Light purple eyeshadow will do the trick!) Using a fluffy powder brush, apply it on your apples, then blend up to your temples.

FIND YOUR SKIN TONE:

fair

try: Benefit Velvet Eyeshadow in Fancy Pansy, \$18, Sephora

beige

try: Hard Candy Spotlighters All Over Highlighter in Pink Palette, \$6, Walmart stores

olive

try: Make Up For Ever Eye Shadow in #116 Lilac Matte, \$19, sephora.com

deep

try: Mehron Cheek Cream in Berry Blush, \$10, mehron.com

golden

try: NYX Professional Makeup Mosaic Powder in Plummy, \$9, nyxcosmetics.com

bronze

try: Neutrogena Mineral Sheers Blush in Pure Plum, \$13, drugstores

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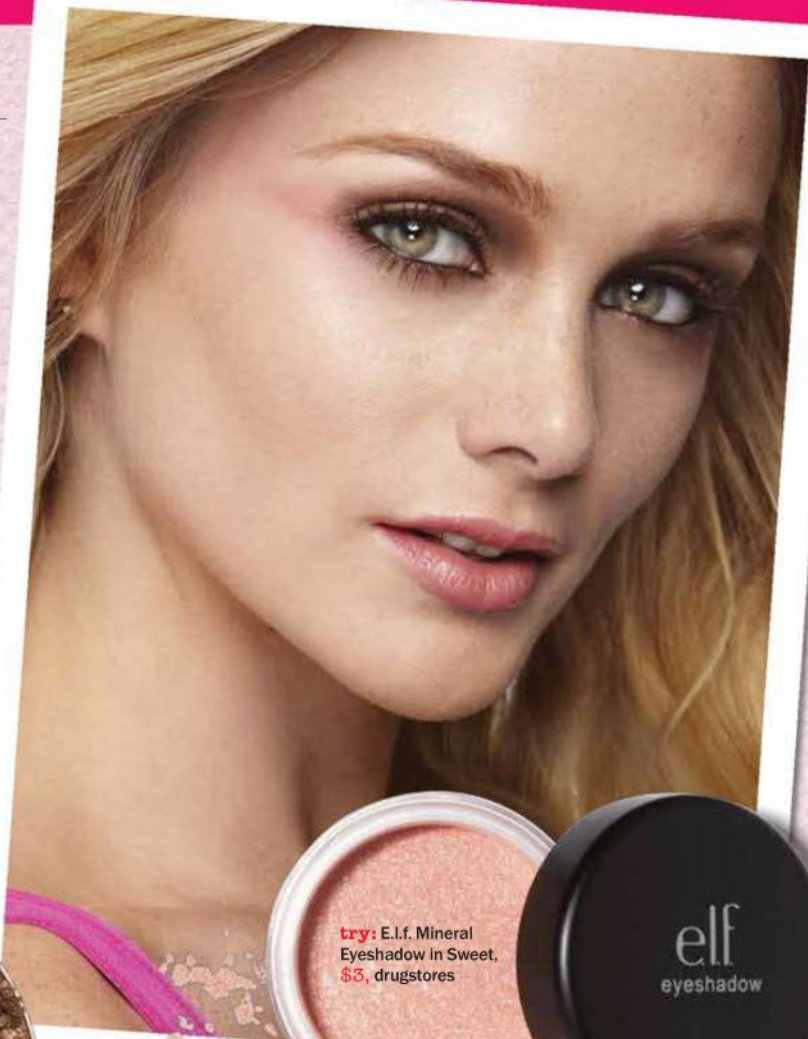
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Emily is wearing New Eye Studio™ Color Plush™ Silk Eyeshadow in Sapphire Siren. ©2010 Maybelline LLC.

♡shimmery eyes

He won't be able to turn away from your extra-twinkly eyes thanks to this sparkly chocolate-and-pink combo!



1 APPLY SHADOW

Create a shimmery base by dusting a glistening brown shadow over your lids, up to your creases, and just under your bottom lashlines.

FIND YOUR SKIN TONE:

fair

try: NYX Professional Makeup Eyeshadow in Golden, \$5, nyxcosmetics.com

beige

try: ULTA Eyeshadow in Café Ole, \$7, ULTA stores

olive

try: Isadora Gleaming Eye Shadow Wet & Dry in Glazed Brownie, \$11, cosmeticmall.com

golden

try: Flirt! Dreamy Eyes Eyeshadow in Cocoa Luster, \$12, flir cosmetics.com

bronze

try: E.l.f. Mineral Eyeshadow in Wild, \$3, drugstores

deep

try: Milani Runway Eyes Eyeshadow in Coffee Shop, \$6, drugstores

CELEB TRICK!



"When I'm not on set, I don't wear much makeup—but I never leave the house without curling my lashes so they look full and flirty!"

—NINA DOBREY

4

ADD MASCARA

For super-long lashes, swipe on two coats of wine-colored mascara. (It's a sultry twist on basic black!) Wiggle the wand at the base of your lashes, then comb upward for volume and definition.

2 HIGHLIGHT

Create the illusion of bigger eyes by sweeping a loose iridescent rose-colored eyeshadow in a soft wing from your outer corners to your temples.

3 DEFINE

Intensify your eyes by tracing a black marker eyeliner along your top and inner bottom lashlines—you'll get a dark, wet look that actually makes your eyes look brighter.

try: Stylli-Style 24-Hour Power Flat Liquid Liner in Black, \$8, styli-style.com

try: CoverGirl LashBlast Luxe Mascara in Black Cabernet, \$8, drugstores



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Emily is wearing New XXL PRO™ 24HR Bold Mascara in Very Black. ©2010 Maybelline LLC.

Find us at Maybelline.com

winter skin savers

When the temp goes down, skin drama goes up! Check out how to deal.

BY meredith gray

CHAPPED SKIN

Q: I have dry flaky patches on my face that won't go away.

A: Because the air is thinner and drier in the winter, it drains away your skin's hydration. As a result, you end up with excessively dry spots. Treat them with a thick emollient cream that has wheat bran, which naturally seals in moisture.

try: Origins All-Purpose High-Elevation Cream Dry Skin Relief, \$25, origins.com



seventeen.com
Have a skin care question? Get answers now at seventeen.com/getadvice

FLAKY FOUNDATION

Q: My makeup looks patchy on my cheeks but slides off my forehead. What gives?

A: You have combination skin, which is especially tricky in the winter—the oily areas produce *more* oil, but the dry spots become even drier! After cleansing and before putting your makeup, apply a lotion that balances your skin. It will act as a base to help your foundation go on more smoothly.

try: Clean Start by Dermalogica Welcome Matte SPF 15, \$24, cleanstart.dermalogica.com



REDNESS

Q: My nose gets really red in the winter. Is there a way to prevent it?

A: Freezing temps and high winds can irritate your skin and lead to inflammation, which is what causes redness. Apply a soothing serum that has caffeine—it tightens blood vessels to get rid of the red.

try: First Aid Beauty Anti-Redness Serum, \$34, sephora.com



WARM UP YOUR SKIN!

Freeze out dullness! These products bring out your winter glow.

To make dry skin look dewy, sweep these creamy shimmers across your eyelids and temples, then dot along your cheekbones.

try: E.l.f. Shimmer Palette, \$3, eyeslipsface.com



Wear this soft, subtle highlighter alone or underneath your makeup to brighten your entire face. Apply it all over like you would your regular moisturizer.

try: Clean & Clear Finishes Pore Perfecting Moisturizer SPF 15, \$8, drugstores



Look like you just got back from vacation! Mix a squirt of this bronzer into your foundation or moisturizer to really turn up your faux tan.

try: Cargo Multi-mix Bronzer, \$28, Sephora stores



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Front view

Side view

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fun new tools

These amazing gadgets make it so much easier to look your prettiest! BY meredith gray

if you ♥...

SELENA'S
perfect
foundation



Selena Gomez

then use...

try: L'Oréal Paris True Match Roller Perfecting Roll On Makeup in Natural Beige, \$16, drugstores

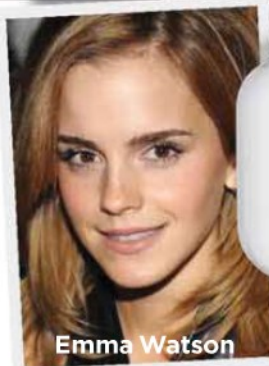


a roller applicator

This innovative foam roller takes all the work out of blending. First glide it over your forehead, cheeks, and chin, then use it to dab foundation into small areas, like around your nose.

Roll the sponge in alternating directions to avoid looking streaky.

EMMA'S
flawless
skin



Emma Watson



try: Zeno Hot Spot, \$40, drugstores

an electronic zit zapper

This doodad stops pimples in their tracks! It delivers a blast of heat to kill the bacteria lurking beneath your skin.

It's so teeny that you can slip it into your bag in case pimple emergencies pop up.

WHITNEY'S
pretty
highlights



Whitney Port



try: L'Oréal Paris Touch-On Highlights, \$13, drugstores

a fingertip comb

Now you can pinpoint the exact strands you want to lighten. Place the comb on your index finger, dip it into the highlighting mixture, then guide it through your hair from roots to tips.

Before you apply, style your hair as usual so you can place the highlights where the sun would naturally hit, like around your face.

VICTORIA'S
glowy
tan



Victoria Justice



Mist a few test squirts into your sink to make sure the canister is spraying evenly.

try: SalonBronze Airbrush Tanning System, \$13, Sally Beauty Supply stores

an airbrush bronzing gun

This at-home airbrush bronzer makes it easier to reach those tricky spots (like your back). Hold it 12 inches away from your body and spray it on in short even strokes. Work on small sections at a time from your head down.

seventeen.com
Win these tools plus other cool gadgets at seventeen.com/freebies



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7 DAYS OF BEAUTY

fast and flirty hairstyles

Want hot hair in a hurry? **Josie Loren**, star of ABC Family's *Make It or Break It*, shows you a week of speedy styles.

BY heather muir

TUNE IN!

See *Seventeen* magazine on *Make It or Break It* on Monday, January 18, at 9 P.M. ET, on ABC Family.



MOVIES

teased half-up

HOW-TO: For a fun night out with the girls (Monday is Josie's day off!), glam up a regular half-updo by applying **volumizing mousse from roots to ends on dry hair**, then teasing your hair all over. Use a brush to smooth back the front (start above your ears) and secure in the back with a few **bobby pins**.

try: Redken Body Full Instant Bodifier, \$16, salons



Tues.

seventeen.com

See behind-the-scenes footage of Josie's shoot at seventeen.com/josie

GYMNASTICS PRACTICE

ballerina bun

HOW-TO: Even if you're at practice (Josie works out one and a half hours a day!), you feel polished if your hair looks cute! Create a girly bun by spritzing dry hair with a **touchable hairspray**—it will give it hold and body. Then brush into a **high pony** and secure with an elastic. Hold three-inch sections of hair straight up; starting with the ends, roll hair under to form a doughnut. Secure with bobby pins at the base.

try: Göt2b Smooth Operator Smoothing Hairspray, \$6, drugstores



Wed.

No need to wash. Work with the texture from yesterday's do.

SHOPPING

sleek side part

HOW-TO: Running to the mall after school? Step up a sleek style with a deep side part. Revive your look fast by **blow-drying just the ends** and styling with a large round brush. Aim the nozzle down to smooth ends, then **amp up shine** by going over hair on the cool setting.

try: Jilbère de Paris Tourmaline Travel Dryer, \$18, sallybeauty.com; Goody Tourmaline Control Vented Round Brush, \$7, Target stores (available in March)



Thurs.

WORKING

triple braid

HOW-TO: On the job, you can look fun and focused. Go for this oversize braid—it's cute and **keeps your hair out of your face**. Mist hair with volumizer, then form a low pony. Divide it into three sections and braid each. Finally create **one big braid** by braiding the three sections together.

try: Garnier Fructis Style Root Booster, \$4, drugstores



Fri.

Use yesterday's volumizer overnight to give your hair texture and shine.

DATE NIGHT

crimped ends

HOW-TO: Look sexy without looking like you're trying with undone ripples. (Josie is all about being subtly sultry.) Form five to six small braids in damp hair before bed. When you wake up, **run a flat-iron over dry braids** to lock in the laid-back texture. Undo braids and brush out with your fingers to soften.

try: Sedu Revolution Shortie Styler, \$60, folica.com



Sat.

VIP PARTY

braided twist

HOW-TO: When you want a hot style that makes a big impression, try a braided side bun. Apply a **smoothing cream** for a polished texture, then gather hair into a low pony and secure with an elastic. Divide the pony into **four sections**—two large and two small. Twist the two large sections around the elastic and pin into a bun. Braid the two small sections and wrap them around the twists, pinning to secure.

try: Rusk Wired Flexible Styling Crème, \$13, stylesource.com



Sun.

FAMILY TIME

wavy side pony

HOW-TO: When you're just hanging around the house, try something cool yet effortless. Gather your hair into a low side pony, then cover your elastic by wrapping a **1-inch section** of hair from underneath your pony around the base. Use a **double curling iron** to create waves—curl three-inch sections of hair at a time.

try: Bed Head BH301 Dual Waver 2-in-1 Styling Iron, \$38, ULTA stores



NEW LOOKS for a NEW YEAR!

Step out in style this year with hot hair for any occasion. Here's a how-to guide to three cute looks you can get using products from **Herbal Essences**.



DATE NIGHT DIVA

VA-VA-VOOM VOLUME

HOW-TO

- Prep your hair and help protect it from style damage with serum-infused **Body Envy Shampoo & Conditioner**
- Apply a small amount of **Body Envy Mousse** to your hand, then massage into your scalp to get extra volume
- Set your hair using a large round brush and blow dryer. Wrap sections of hair around the brush and apply heat to create soft movement and body
- Finish the look with **Body Envy Hairspray** for a weightless finish



PRETTY PARTY GIRL

TOUSLED TRESSES

HOW-TO

- Use **Tousle Me Softly Shampoo & Conditioner** to create a good base for styling
- Mist a foundational product like **Tousle Me Softly Spray Gel** through your hair to create more control
- Blow dry wet hair with a diffuser and round brush, then smooth and blend waves with **Tousle Me Softly Finishing Touch Cream**
- To finish off your perfectly imperfect look, curl 2-inch sections of hair with a curling iron



GLAM GIRLS NIGHT OUT

SLEEK & STRAIGHT

HOW-TO

- Revive silkiness and shine by prepping hair with **Dangerously Straight Shampoo & Conditioner**
- Comb **Set Me Up Extra Hold Spray Gel** through hair for hold and apply **Long Term Relationship Split End Protector** to help prevent style damage
- Blow dry straight with a paddle brush, and once dry, run a straightening iron through hair
- Finish this smooth and sleek hairstyle with **Set Me Up Extra Hold Hairspray**



Are you doing the herbal? Check out the little pink style book on herbalessences.com/hairstyles for hairstyle how-to videos, step-by-step styling tips, product info and more!

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Tousle Me Softly collection
from Herbal Essences with Touch Hold technology™,
for totally touchable, perfectly imperfect tousles.

For tousling tips go to herbalessences.com

SOMEONE'S BEEN DOING THE HERBAL

get amazing lashes

Lush lashes transform your whole face by making your eyes look bigger and brighter! Here's how to get them. **by heather muir**

seventeen.com
Rate your fave celebs' lash looks at seventeen.com/loveit

Your perfect mascara

You'll want to swipe one of these great formulas!



length

The rubbery brush is stacked with tiny bristles that deposit lengthening mascara onto each lash.
try: CoverGirl LashBlast Length Mascara, \$8, drugstores



volume

This formula is loaded with collagen to plump the skinniest lashes.
try: Rimmel London Max Volume Flash Mascara, \$7, drugstores



fullness

The chubby bristles allow you to apply a lot of this mascara so lashes look lush but separated.
try: Maybelline New York Great Lash BIG Mascara, \$6, drugstores



definition

This small bendable ball tip gets to tiny lashes, even in the corners, so the whole lashline looks fuller.
try: L'Oréal Paris Telescopic Explosion Mascara, \$10, drugstores

expert tools



lash curler

The more curled your lashes are, the more open your eyes will look. Clamp the curler right at the base of your lashline, then squeeze gently.
try: Revlon Eyelash Curler, \$6, drugstores



lash comb

Glide the comb through your lashes to remove excess mascara while it's still wet—you'll define each lash.
try: Sonia Kashuk Lash Comb, \$5, Target stores



clear mascara

Stop those dark smudges under your eyes by using a clear mascara on bottom lashes instead of black.
try: Bonnebell Eye Style Mascara in Natural Clear, \$4, drugstores

GROW YOUR LASHES!

This new serum contains arginine, which helps nourish and condition lashes so they grow longer and stronger. Paint it along your lashline under mascara in the morning and again before bed—you will definitely see a difference after a few weeks.

try: L'Oréal Paris Concentrated Lash Boosting Serum, \$18, drugstores



MAIN PHOTO: LAURENT DARMON; FASHION STYLIST: FRANCESCA MILLS; HAIR: MICHELE GARZANO; MAKEUP: NICK BAROSE; STILL LIVES: J. MUCKLE/STUDIO D.

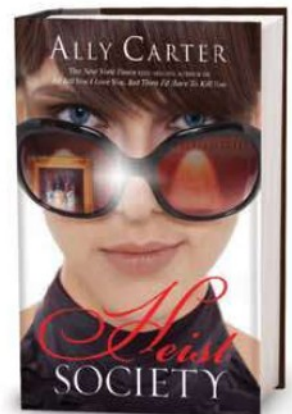
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what's your

These new fragrances are packed with pretty notes—and

sweet + warm

Beyoncé's Heat is a mellow mix of exotic flowers and an irresistibly delicious dessert.

try: Beyoncé Heat Eau de Parfum, \$59 for 3.4 oz., Macy's

"The scent thrills and draws you in. It's elegant with an air of mystery."

—BEYONCÉ

girly + fun

Reese Witherspoon's Avon In Bloom is full of bubbly sweetness and Reese's Southern charm.

"This scent was inspired by the white flowers in my backyard growing up. It totally transports me to a summer night in the South."

—REESE WITHERSPOON

try: Avon In Bloom by Reese Witherspoon, \$34 for 1.7 oz., avon.com

magnolia blossoms

Georgia peach leaves

amber wood crystals

STILL LIVES: (FRAGRANCE BOTTLES) J. MUCKLE/STUDIO D; (ALMONDS) KEVIN SUMMERS/GETTY IMAGES; (MACAROONS) SAM+YVONNE/GETTY IMAGES; (ORCHID) ROSEMARY CALVERT/GETTY IMAGES; (MAGNOLIAS) ROGER PHILLIPS/ALAMY; (AMBER) DORLING KINDERSLEY/GETTY IMAGES; (PEACH) VALENTYN VOLKOV/ALAMY; (TUBEROSE AND GARDENIA) C. SQUARED STUDIOS/PHOTODISC; (SPICES) ANDREY SEMENOV/ALAMY (2); (COCONUTS) ROBIN MACDOUGALL/GETTY IMAGES; (LEMON) BRIAN HAGWARA/GETTY IMAGES; (PLUMERIA) THINKSTOCK IMAGES; BEYONCÉ: MAURY PHILLIPS/WIREIMAGE; WITHERSPOON: AVIK GILBOA/WIREIMAGE; KARDASHIAN: STEVE GRANITZ/WIREIMAGE; STEFANI: ANDREW H. WALKER/GETTY IMAGES.

celeb scent?

a lot of personality. Which one sounds like you? BY heather muir

bold + flirty

Kim Kardashian wanted her sultry namesake floral scent to turn heads as you walk through a room.



seventeen.com
Find your
signature scent
at seventeen.com/fragrance.

gardenia

tuberose

“I spray the fragrance all over my body (even in my hair!) so it lasts longer.”
—KIM KARDASHIAN



try: Kim Kardashian Eau de Parfum Spray, \$65 for 3.4 oz., Sephora stores



spices

cool + adventurous

Gwen Stefani's Harajuku Lover's Sunshine Cutie Love (one in a set of five different scents) will make you feel like you're on a deluxe beach vacation!



coconut

lemon blossom

plumeria

“This fragrance was inspired by my favorite tropical getaways: Jamaica, Hawaii, and St. Barts.”
—GWEN STEFANI



try: Harajuku Lovers Sunshine Cutie Love, \$30 for 0.3 oz., Nordstrom



health



THEN



THEN

NOW

"I made captain of the track team!"

-odun, 17

NOW

"I got my dream abs!"

-nicole, 17

get your

best body ever!

These girls got stronger and leaner by following the *Seventeen* plan. Now it's *your* turn to be a success story!



GET STARTED WITH BASIC WORKOUT MOVES FROM JESSICA BIEL'S TRAINER!

4 easy moves to your **best** body

WHAT YOU'LL NEED:



3- to 5-lb. dumbbells and a sturdy chair or couch

Starting with a workout that's too hard can seriously psyche you out. Instead, begin with these *basic* moves that give *unbelievable* results!

believe it!

These former *Seventeen* All Access bloggers are proof that these workouts work. Get their secrets to success!



"I used to hate running, but picking healthy snacks (like fruit and peanut butter sandwiches) gave me more energy, which made it feel easier. I even joined the track team and had such a great season that I'm captain this spring!"

—odun, 17, fall 2008 blogger

"I would always give up when I didn't see results right away, but this time I looked at every workout and healthy meal as a victory. That way little slipups, like grabbing fast food, didn't get me down—and the flat abs just kind of happened!"

—nicole, 17, spring 2009 blogger



Share your success story at seventeen.com/allaccess!

do it!

your weekly plan

HOW TO DO THE STRENGTH MOVES: Perform all four moves in a row as a "circuit," then repeat the circuit.

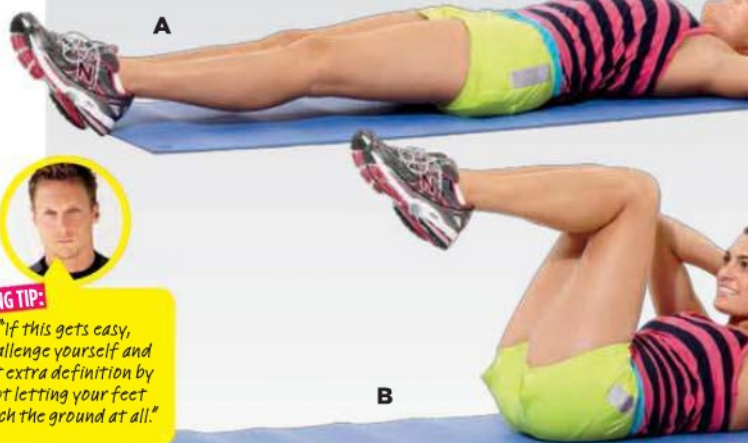
HOW TO DO CARDIO: Try the suggestions from Jason below, which are designed to rev up your metabolism.

SUN	REST DAY!
MON	☒ strength
TUES	☒ cardio Jog, bike, swim, or do a cardio machine for 30 to 45 minutes.
WED	☒ strength
THURS	REST DAY!
FRI	☒ strength
SAT	☒ cardio Do intervals! Sprint for 30 seconds, then rest for 60. Do that 5 times, then rest for 2 minutes. Repeat 3 times total!

1

SUITCASE CRUNCH

alison, 19



TRAINING TIP:

"If this gets easy, challenge yourself and get extra definition by not letting your feet touch the ground at all."

A Lie flat on your back with your hands resting behind your head and your legs extended straight out.

B Crunch up, bringing your knees together (keep your lower back flat). Return to start. Do 15 reps.

3

PUNCH ROTATION



TRAINING TIP:

"Go fast! But when these get too easy, increase your dumbbell weights by two to three pounds."

A Stand with feet shoulder-width apart and a 3-lb. dumbbell in each hand. Bend knees a little so you're in a slight squat position.

B Staying in a slight squat, twist punch across body with left arm. Then repeat with right arm.

tear out here!

health



THEN



THEN

NOW

"I made captain of the track team!"

-odun, 17

NOW

"I got my dream abs!"

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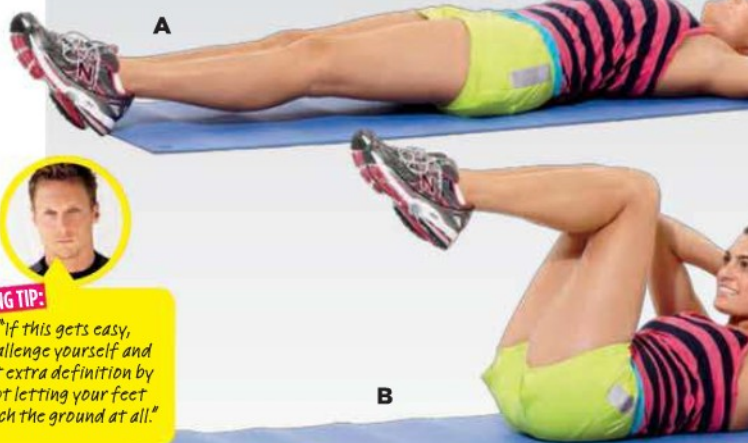
HOW TO DO CARDIO: Try the suggestions from Jason below, which are designed to rev up your metabolism.

SUN	REST DAY!
MON	☒ strength
TUES	☒ cardio Jog, bike, swim, or do a cardio machine for 30 to 45 minutes.
WED	☒ strength
THURS	REST DAY!
FRI	☒ strength
SAT	☒ cardio Do intervals! Sprint for 30 seconds, then rest for 60. Do that 5 times, then rest for 2 minutes. Repeat 3 times total!

1

SUITCASE CRUNCH

alison, 19



TRAINING TIP:

"If this gets easy, challenge yourself and get extra definition by not letting your feet touch the ground at all."

A Lie flat on your back with your hands resting behind your head and your legs extended straight out.

B Crunch up, bringing your knees together (keep your lower back flat). Return to start. Do 15 reps.

3

PUNCH ROTATION



TRAINING TIP:

"Go fast! But when these get too easy, increase your dumbbell weights by two to three pounds."

A Stand with feet shoulder-width apart and a 3-lb. dumbbell in each hand. Bend knees a little so you're in a slight squat position.

B Staying in a slight squat, twist punch across body with left arm. Then repeat with right arm.

tear out here!

YOUR PERSONAL TRAINER

NAME: Jason Walsh

LOCATIONS: Los Angeles, CA

CELEBS HE'S TRAINED: Jessica Biel
and Sophia Bush

WEB SITE: jasonwalshtraining.com



TRAINING TIP:

"If the moves become easier, that's a good sign that your body is getting stronger! To keep it up, increase the weights or reps a little each week."



WIN A SWAG BAG!

Go to seventeen.com/freebies for a chance to win this cute bag stuffed with Fly Sister One+ sneakers and other workout gear from Nike. **Worth \$413 total!**



2

HIP BRIDGE



TRAINING TIP:

"To make this more challenging, try it with one leg straight up in the air for 10 reps, then switch legs and repeat."



A



B



A Lie with arms straight at your sides, feet on the floor, and knees bent. Press into the ground with your heels.

B Slowly lift your hips off the floor and push them toward the ceiling, squeezing your butt as you go. Return to start (but don't let your butt touch the ground). Do 15 reps.

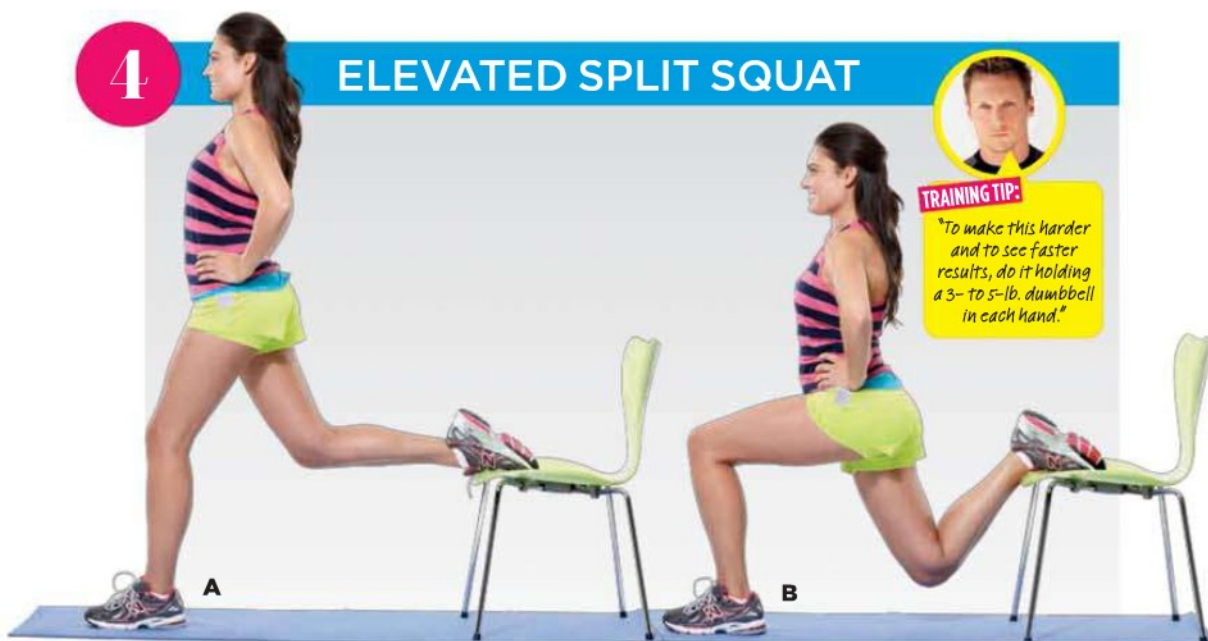
4

ELEVATED SPLIT SQUAT



TRAINING TIP:

"To make this harder and to see faster results, do it holding a 3- to 5-lb. dumbbell in each hand."



A

B

A Stand about three feet in front of a couch or chair. Elevate right leg behind you on the couch or chair, with left leg out in front of your body.

B Lower into a squat until left knee is at 90° (make sure your knee stays in line with ankle), then return to start. Do 15 reps on each leg.

ist at the waist and
t arm. Return to start,
That's one rep. Do 30.

eat well, feel awesome!

MONDAY

BREAKFAST



protein at breakfast stops cravings later!

quickie egg sandwich & oj

2 eggs, 1 slice tomato, and 1 slice cheese on a whole wheat English muffin with 4 oz. orange juice

TUESDAY



fruit & cereal

1 cup multigrain cereal (like Kashi Heart to Heart) with 3/4 cup berries and 1 cup skim milk

WEDNESDAY



Eating breakfast on the go is much better than skipping!

ON THE GO AT McDonald's

a fruit and yogurt parfait & a muffin with jam

LUNCH



Good news: You can never have too much vitamin-rich salsa!

ON THE GO AT Taco Bell

chicken fresco burrito supreme



pb&b sammie

2 tbsp. peanut butter and sliced banana between 2 slices whole-wheat toast



tuna pocket

tuna salad (3 oz. light tuna, 1 tbsp. light mayo, and 1 stalk chopped celery) in a whole wheat pita with baked potato chips

DINNER



shrimp stir-fry

6 large precooked shrimp, 2 cups frozen stir-fry veggies, 1 cup brown rice, and 2 tbsp. teriyaki sauce

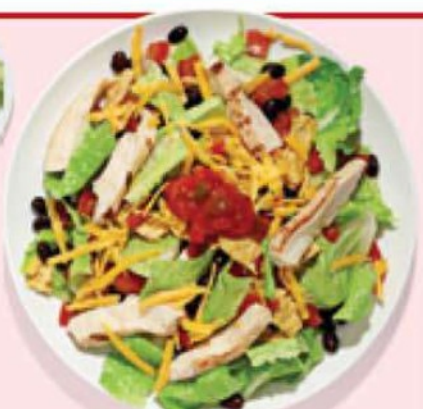


DELIVERY DINNER FROM Domino's

veggie pizza & salad

2 slices thin-crust veggie pizza and a side salad with 2 tbsp. balsamic vinaigrette dressing

Order thin crust, not deep dish (it holds in extra grease).



chicken taco salad

romaine lettuce, tomatoes, 1/4 cup grilled chicken strips, 2 tbsp. light shredded cheddar, 1/2 cup black beans, and salsa

STILL LIVES: (HORIZON MILK) COURTESY OF HORIZON; (ALL OTHERS) PHILIP FRIEDMAN/STUDIO D. FOOD STYLING: SUSAN VAJARANANT.

17 EXPERT: Marissa Lippert, R.D., a nutritionist in New York, NY, and the author of the upcoming book *The Cheater's Diet* (Dutton, April 2010).

We've made it easy to pick healthy food that will keep you satisfied. Start with our 5-day plan, then follow our checklist all month long.

THURSDAY



banana waffles

2 multigrain waffles topped with 1 sliced banana and 1 tbsp. maple syrup

FRIDAY



ON THE GO AT

Starbucks

oatmeal & chocolate milk

Perfect Oatmeal with dried fruit and nuts and a reduced-fat chocolate milk

The fiber in oatmeal will keep you full until lunch.

your eat-healthy checklist

- ✓ Build meals around **fruits and veggies**, then add a lean protein (like chicken, fish, or low-fat cheese) and a healthy carb (like whole wheat bread or pasta).
- ✓ Have two to three snacks a day (midmorning, afternoon, and after dinner) and **grab a piece of fruit whenever you're hungry**. If you wait to eat until you're starving, it just sets off cravings for sugary, greasy foods.
- ✓ If you're an **athlete**, you may need more food for peak performance. Add an egg for protein at breakfast or an extra piece of fruit or yogurt between each meal.
- ✓ Aim for three to four servings of low-fat milk, yogurt, or cheese each day to get enough calcium. (It helps with muscle tone!)

SNACKS

Pick at least two of these a day!



whole-grain baked tortilla chips with salsa



light popcorn sprinkled with Parmesan



a scoop of frozen yogurt with blueberries and chocolate chips



a small skim latte with an oatmeal-raisin cookie



A handful of pretzels with 1 tbsp. peanut butter



a granola bar



a serving of Cocoa Roast Almonds (about 15)



an apple with a few slices light cheddar

ON THE GO AT

Wendy's



chili & baked potato

small chili topped with shredded cheddar and a plain baked potato with a pat of margarine

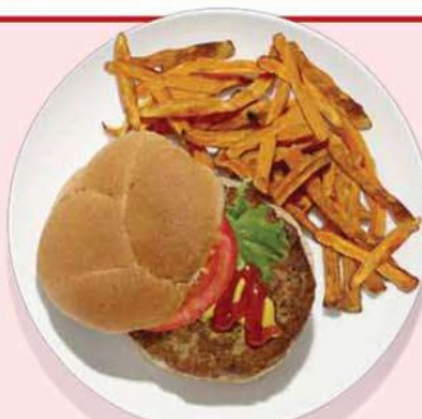
Meat and beans have iron, which will keep your energy up!



turkey club wrap

2 slices turkey, 2 slices turkey bacon, 2 slices avocado, and 2 tsp. light ranch dressing in a whole-grain wrap

seventeen.com
Get more ideas for yummy, healthy meals at seventeen.com/recipes



turkey burger & fries

turkey burger on a whole wheat bun with sweet potato fries (cut potato into strips, brush with olive oil, and bake at 400° for 20 min.).

DINNER OUT AT

Olive Garden



cheese ravioli with marinara sauce & salad

Restaurant portions are huge! Eat slow so you can stop when you're full.



what **guys** really think of your body

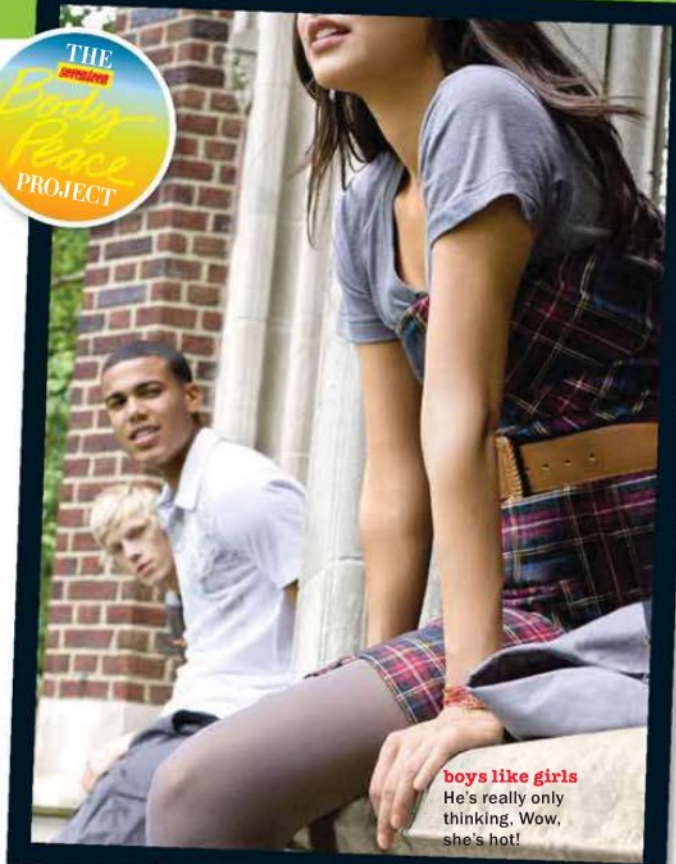


Relax, it's not as bad as you think! Body Peace expert **Jess Weiner** gets real guys to spill.



Sometimes being around guys can make us feel paranoid about our bodies. Afraid that every part of us could be under inspection, we wonder, Am I pretty enough? Hot enough? Curvy enough? Thin enough? Or worse, What if he sees an imperfection in me that I haven't even noticed—and suddenly stops liking me? So we asked real guys to fill us in on what exactly they love about our bods (and quite honestly, what they don't). The truth? **Guys tend to appreciate our beautiful traits** and usually ignore (or don't even see) our “flaws”—that is, until we point them out. Most guys aren't looking for perfection: What's really important is that you see yourself as beautiful—because you'll exude that confidence all guys find attractive.

-Jess



boys like girls
He's really only thinking, Wow, she's hot!

SOFT IS FEMININE!

“ I love it when girls have soft tummies, because it makes them so easy to cuddle up to and just relax with. Being a little softer in places is what makes girls different than guys, and that's what we like! ”

—PERRY, 19, PORTLAND, OR



LESS IS MORE!

“ My good female friend is gorgeous—and it kills me that she seems to have no idea. She is always dyeing her hair different colors, and now she has started joking about getting her boobs done. I wish she'd realize that the attention she gets from guys has nothing to do with the changes she makes and has everything to do with how awesome (and genuinely naturally pretty) she has been all along. ”

—JAKE, 22, PORTLAND, ME

WE LOVE ANY SIZE BREASTS!

“ When we see a girl's breasts for the first time, our first reaction is a mix of lust and curiosity. We look at the way they curve and how they lie against her chest. The fact that they're big or small or that you think they look weird doesn't really matter. The guy is only thinking, I just want to touch her! ”

—OWEN, 21, WATERFORD, VA

WE LIKE YOUR BUTT!

“ My girlfriend loves to complain that her butt is too big. And I say, 'You're right, it is big—and I love it!' Girls seem to think guys don't want anything on their backsides, but I like that she has curves. That said, if a girl has a flat butt, that's fine too. I'd probably just notice the other beautiful parts about her—her eyes or her smile. What really draws me to a girl is a warm, friendly, fun vibe, not a checklist of perfect looks. ”

—BART, 20, ANN ARBOR, MI



BASHING YOUR BODY IS A TURNOFF!

“ I hate when a girl obsesses over one little thing because she thinks it's unattractive. I've had girlfriends with gaps in their teeth, big lips, big butts, small butts, large chests, small chests. It doesn't matter to me. Any little flaw can become sexy if you are confident. Show that you don't care about it, and embrace it. ”

—NICO, 19, ONSET, MA



seventeen
Body
Peace

sign the
peace treaty!

Check out celeb body breakthroughs online, sign the *Seventeen* Body Peace Treaty, and ask Jess your personal questions at seventeen.com/bodypeace.



Selena Gomez

17 EXPERT: Jess Weiner, an author, a self-esteem expert, and the Global Ambassador for the Dove Self-Esteem Fund. Go to jessweiner.com for more info.

SEX ED

your most personal sex questions

You don't want to get caught even googling this stuff, let alone bring it up to friends. But we have answers—no judgments!

“Can I masturbate too much?”

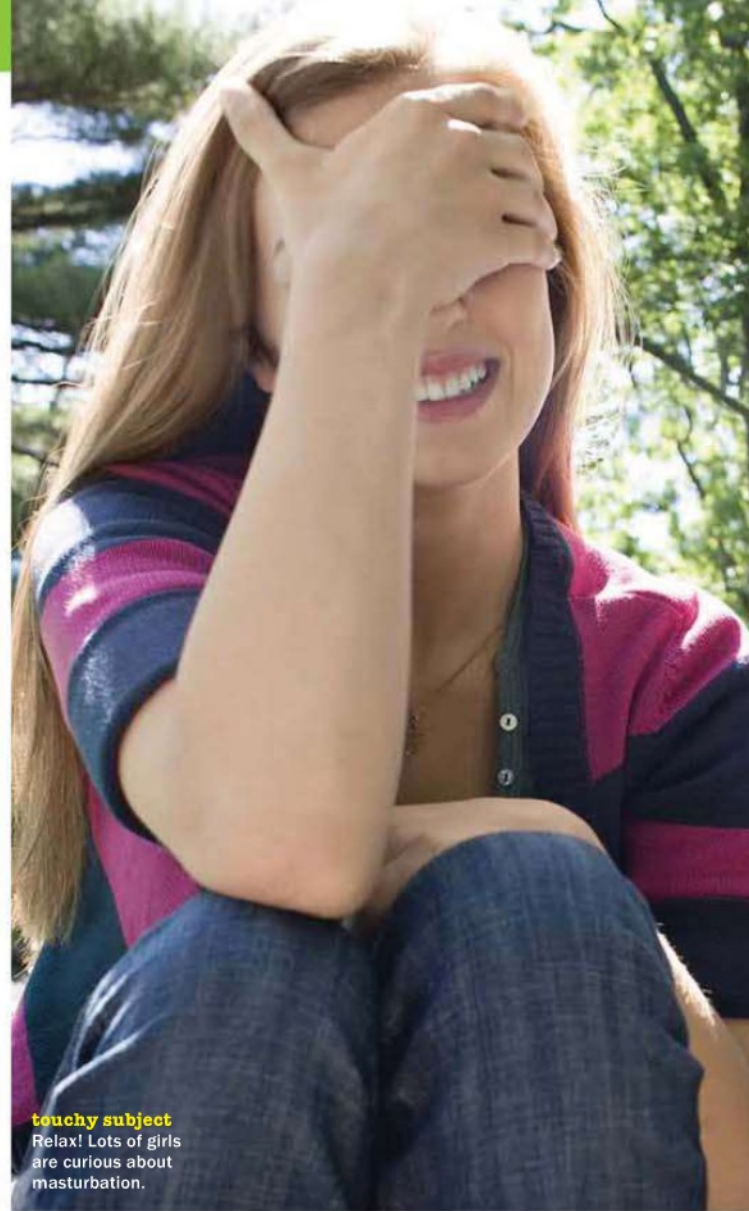
Most girls feel natural sexual urges—you can thank your **hormones** for that—and it's normal to want to explore those urges through masturbation (touching your genital area for pleasure). It can feel good, and it can also help you **learn about your body**. Don't worry—you can't do it too much (unless it's getting in the way of school), and doing it won't tempt you to have sex. It's also normal if you don't masturbate—it's your body, and what you do in private is up to you.

“My boyfriend wants to have anal sex—he says I'll still be a virgin. Is that true?”

There's no “right” definition of virginity—it comes down to what's right for you. Just remember: While you can't get pregnant from anal sex, it can be just as physically and emotionally intimate as vaginal sex, and it's **no safer when it comes to STDs**. That's because the friction creates tiny tears in the delicate skin around your anus, and those cuts make it easier for viruses, like HIV, to enter your bloodstream if your partner is infected. If you're feeling pressured, **it's okay to tell him no**—just say that you're not ready. But if you do decide to have any kind of sex, always use a condom and make sure that your partner has been tested for STDs and HIV.

“What's an orgasm and how do I know if I've had one?”

An orgasm is a very strong sensation you get when you're sexually excited, usually when certain areas around your vagina are touched or stimulated by you or your partner. The pleasurable feelings that build up when you get turned on eventually cause a series of **contractions of the muscles** in



touchy subject
Relax! Lots of girls are curious about masturbation.

and around your vagina. Everyone feels an orgasm differently. Some girls feel little muscle spasms, which can last from 3 to 15 seconds, while others just get a general sense of relaxation and happiness after it's over. Don't stress if you think you haven't had one yet—it's more important that you're doing only **physical things that you enjoy** and that you're comfortable with, and paying attention to what does and doesn't feel good for you.

“What actually happens when your cherry pops, and will my doctor be able to tell?”

Nothing “pops”—the phrase actually refers to a thin rim of **soft tissue called the hymen** that surrounds the opening of the vagina. The hymen can tear and **cause a little bleeding** the first time you have sex, but it's nothing to worry about. Your doctor usually can't tell if you've had sex by examining you, but you should still let her know. She can help you get condoms and birth control—and can't tell your parents unless you say so.



love life

how to say “i love you”

(without freaking him out!)

With V-Day around the corner, you may be bursting to say those three magic words. Here's how to make sure he's ready to hear them. BY elisa benson

are you really in love?

- ✓ **He is constantly on your mind.** You *always* want to share every detail of your life—even little things, like what you had for lunch.
- ✓ **You have fun with him.** You try to spend as much time with him as possible because he always makes you feel happy.
- ✓ **You feel no insecurities.** You never worry about how he feels about you—even if it's guys' night and he didn't call when he said he would.
- ✓ **You're 100-percent certain.** Even when you're annoyed with him or you have a huge fight, your feelings are still just as strong.

BOTTOM LINE: Saying "I love you" is a huge step, so don't do it until you've checked off *everything* on this list. Giving your bond time to grow will make that moment even more special.

say it right

WHEN:

DO

Wait it out.

Love is an amazing feeling, but keep your feelings to yourself for a few weeks so you can sort them out. When you do say it, you'll know it's not just a whim.

DON'T

Jump the gun.

Two months or less is too soon! That OMG-he's-perfect feeling you get early on in a relationship is just a taste of the heaping plates of love that come next.

WHERE:

DO

Say it after a date.

Tell him after a perfect evening together. Saying "I love you" is like taking a picture: You'll remember the moment forever, so capture something good!

DON'T

Say it after a fight.

Your first "I love you" should be a happy moment, not in the midst of a tearful apology (when you're not thinking straight) or because you want him to forgive you.

HOW:

DO

Kiss him!

Tell him how you feel, then plant one on him! The sweet gesture will give him a second to gather his thoughts—so he can get the guts to say it back!

DON'T

Give a long disclaimer.

Like, "You don't have to say anything back, but . . ." If you're not sure he's ready to say it, wait, so you don't pressure him to say something he doesn't feel.

"i said it first!"

AW!



"I had such strong feelings for my boyfriend. One night I finally said, 'I am in love with you. You drive me to be the happiest and best I can be. Now I'm going to crawl in a corner and die from embarrassment!' He replied, 'I wish I could be in that corner with you. I love you too.' It was one of the happiest moments of my life!"

—emily, 16, richmond, va

OUCH!



"One night the boy I was seeing kept giving me these 'looks,' as if he were willing me to say 'I love you.' When I finally said it, he said, 'Cool.' After an awkward pause, he added, 'But honestly, Emily, I'm not right for you.' It was humiliating. I wish I'd focused on what I was feeling, rather than what I thought he wanted."

—emily, 16, lindsay, on, can

go public!

Carrie Underwood told BF Mike Fisher she loved him in the liner notes of her new album!



"You are the most amazing addition to my life. . . I love you so much! You make my life better in every way! XOXO, Carrie."

ABANDON
SHIP!

SIGNS YOU'RE FREAKING HIM OUT:

He slouches. When he physically shrinks away from you, he's not ready to be *emotionally* close.

He avoids your gaze. Zero eye contact = a guy who can't handle the depth of real feelings.

He fidgets. Shifting his weight or fussing with his phone means he has checked out of the moment.

Get the message?

Find out what his words really mean

Today's tech savvy guy relies more on his inbox than his mailbox, preferring to profess his love via texts, emails, IM's and tweets. The problem is, sometimes his true meaning gets lost in the fast type. Want to know what he's really saying? Take this quiz to find out how to make his code a little less cryptic.



1 How does your guy sign off his emails/IM's:

- A Later.
- B Hopefully we can see each other soon.
- C Can't wait to see you on Saturday, I'm counting down the hours!

2 He is most likely to call you _____ when he emails you...

- A Your name
- B "Cutie," "Sweetie" or "Babe"
- C A silly name that only you and he know

3 At the end of a message...

- A I always have the last words
- B Sometimes I am the last one to say goodbye, sometimes he is
- C Neither one of us wants to end the conversation

4 Your guy misses class and you get the following text...

- A Email me your notes?
- B Fill me in after class on what I missed?
- C Study date after school?

5 If he has to cancel our plans he writes...

- A Something came up...
- B I'm busy tonight but what about next week?
- C I have to babysit my younger sister tonight. Can I take you to the movies to make it up to you?

6 Which emoticon is your guy likely to use?

- A 👍
- B 😊
- C ❤️

Mostly A's...

Write him off. He is only interested in being your friend. On to the next!

Mostly B's...

Mixed messages. Your guy is giving you some friendly signs and some romantic signs. Keep texting to see where this takes you...

Mostly C's...

Signed, sealed and delivered! Your guy is completely head over heels for you.



DEAR JOHN

Now that you get the meaning behind your guy's message, make sure to check out **Dear John**, a new movie proving the true power behind the written word. **Dear John** tells the story of a young soldier, John Tyree (**Channing Tatum**), who returns home on leave to fall head over heels for Savannah Curtis (**Amanda Seyfried**) during her college spring vacation. Their romance is cut short when he returns to duty, but they stay in touch by sending a continuous stream of love letters. Over the next seven tumultuous years, the couple is separated by John's increasingly dangerous deployments, until one letter triggers fateful consequences.

channing tatum

amanda seyfried

From Nicholas Sparks, best-selling author of THE NOTEBOOK

DEAR JOHN

What would you do with a letter that changed everything?

Screen Gems presents in association with Relativity Media

a Temple Hill and Relativity Media production a film by Lasse Hallström

Channing Tatum Amanda Seyfried "Dear John" Henry Thomas

Scott Porter and Richard Jenkins co-producers Kenneth Halsband Jamie Linden

executive producers Jeremiah Samuels Toby Emmerich Michele Weiss Tucker Tooley

produced by Marty Bowen Wyck Godfrey Ryan Kavanaugh

based on the novel by Nicholas Sparks screenplay by Jamie Linden directed by Lasse Hallström

FEBRUARY



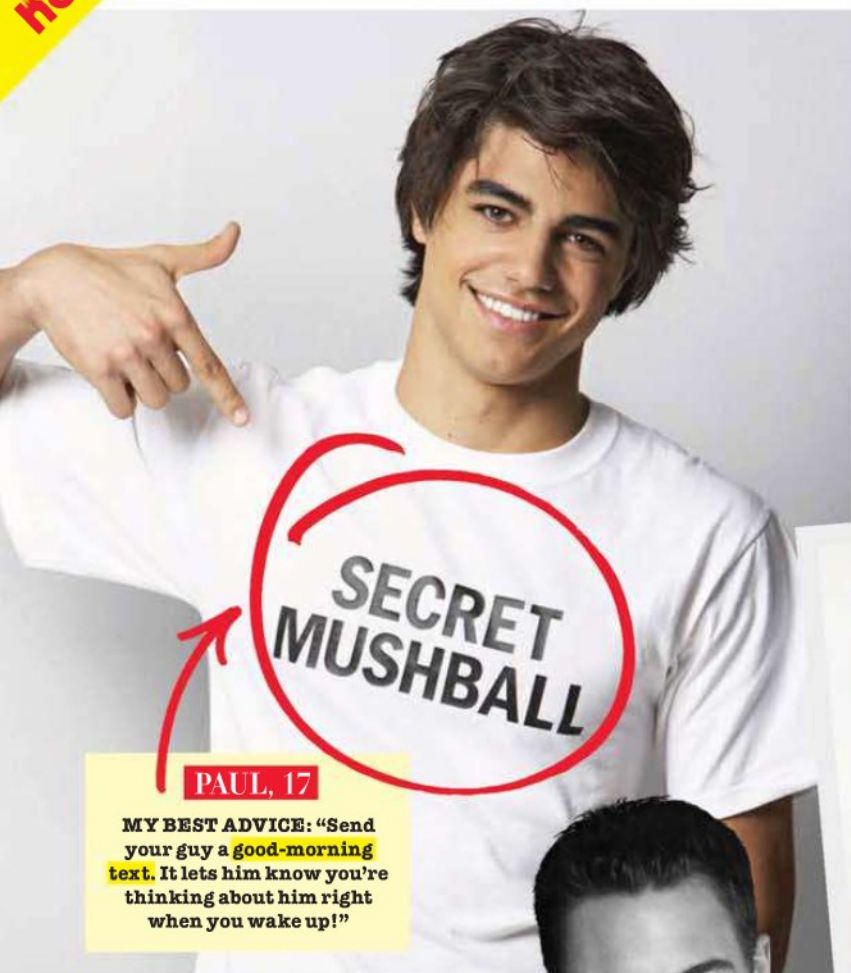
THIS FILM IS NOT YET RATED.
FOR FUTURE INFO
GO TO FILM.RATINGS.COM

Soundtrack on Relativity Music Group
DearJohn-movie.com

PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13



the best advice from



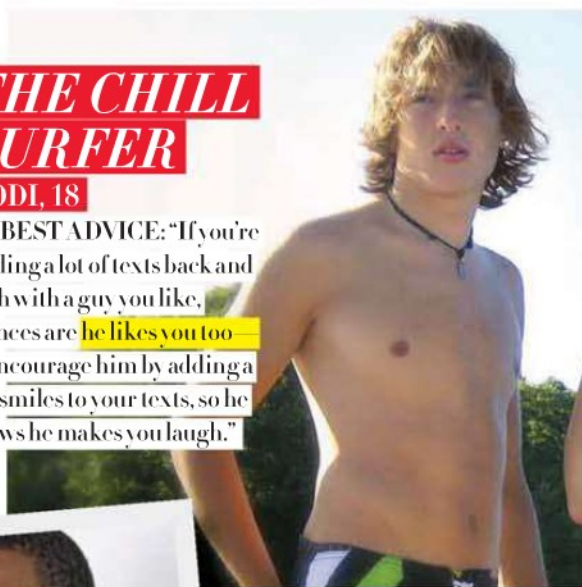
PAUL, 17

MY BEST ADVICE: "Send your guy a good-morning text. It lets him know you're thinking about him right when you wake up!"

THE CHILL SURFER

KODI, 18

MY BEST ADVICE: "If you're sending a lot of texts back and forth with a guy you like, chances are **he likes you too** so encourage him by adding a few **smiles** to your texts, so he knows he makes you laugh."



THE CASUAL DATER

STERLING, 18

MY BEST ADVICE: "If you just started dating a guy, don't read into his **Facebook relationship status**. Just because he doesn't update it doesn't mean he's not serious about you. Sometimes we just don't change it!"



THE EXTREME ATHLETE

LANCE, 19

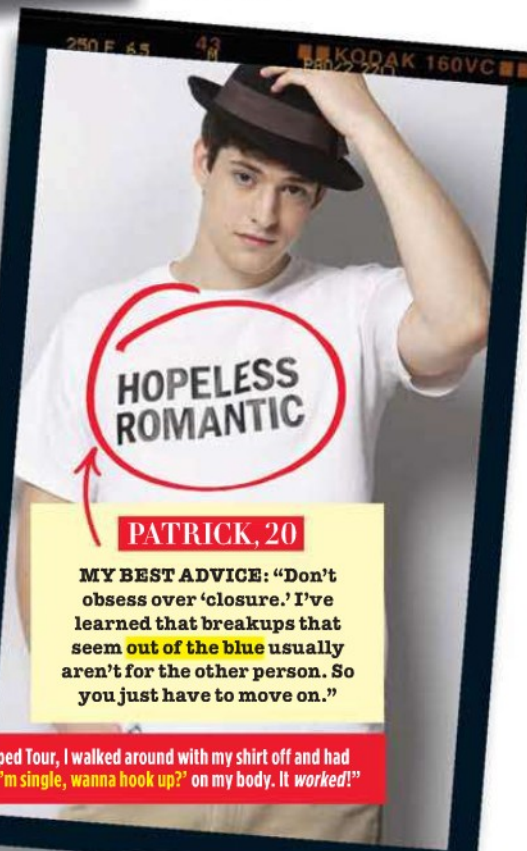
MY BEST ADVICE: "In any relationship, you should ask yourself, **Am I having fun?** Because if it's not fun, why are you in it?"



THE GUY'S GUY

AUSTIN, 19

MY BEST ADVICE: "Always watch ESPN Sportscenter before a date! You don't have to lie and say you're a **huge sports fan**, but throwing out a few references will make him think you're his dream girl."



PATRICK, 20

MY BEST ADVICE: "Don't obsess over 'closure.' I've learned that breakups that seem **out of the blue** usually aren't for the other person. So you just have to move on."

MEET MORE HOTTIES
seventeen.com/hotguys



MEET CARSON!

"I definitely have a romantic side. I once **flew across the country** to surprise a girl and take her to homecoming."

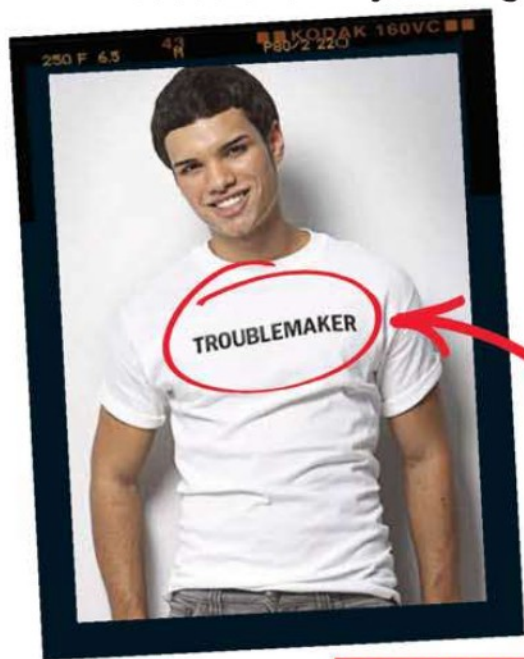


MEET MIKE!

"One year at Warped Tour, I walked around with my shirt off and had my sister write, **'I'm single, wanna hook up?'** on my body. It **worked!**"

the hottest guys!

Meet our new **HOT GUY PANEL!** These 17 dudes don't just look good—they know a lot about love. All year long you can ask them your Qs at seventeen.com/hotguys!



THE SWEETIE

ANDRE, 16

MY BEST ADVICE: "Don't share every detail of your relationship problems with friends, especially if you're in the same social circle. It doesn't solve anything; it just creates unnecessary drama."



THE HEARTBREAKER

BRENT, 16

MY BEST ADVICE: "When you're in a relationship, give each other space! A girl I was seeing once called 37 times during a movie—it was a huge turnoff."



THE SOUL SEARCHER

KEVIN, 20

MY BEST ADVICE: "Don't be afraid of heartbreak—it's the best way to figure out what went wrong in the relationship. Think of it as your practice for meeting the right person."



THE GOOFBALL

RANDY, 20

"I love girls with a goofy side. One girl I dated asked me to film a parody of *America's Next Top Model* that she made with her friends, complete with Tyra impressions. It was so funny. It's good to be with the girl who always brings the fun!"



MEET ALEX!

"I'm really serious about my band, so I love a girl who's into music. Taylor Swift, call me!"



MEET CAMERON!

"Never be afraid to order the ribs at dinner. If that puts a guy off, you need a new guy!"

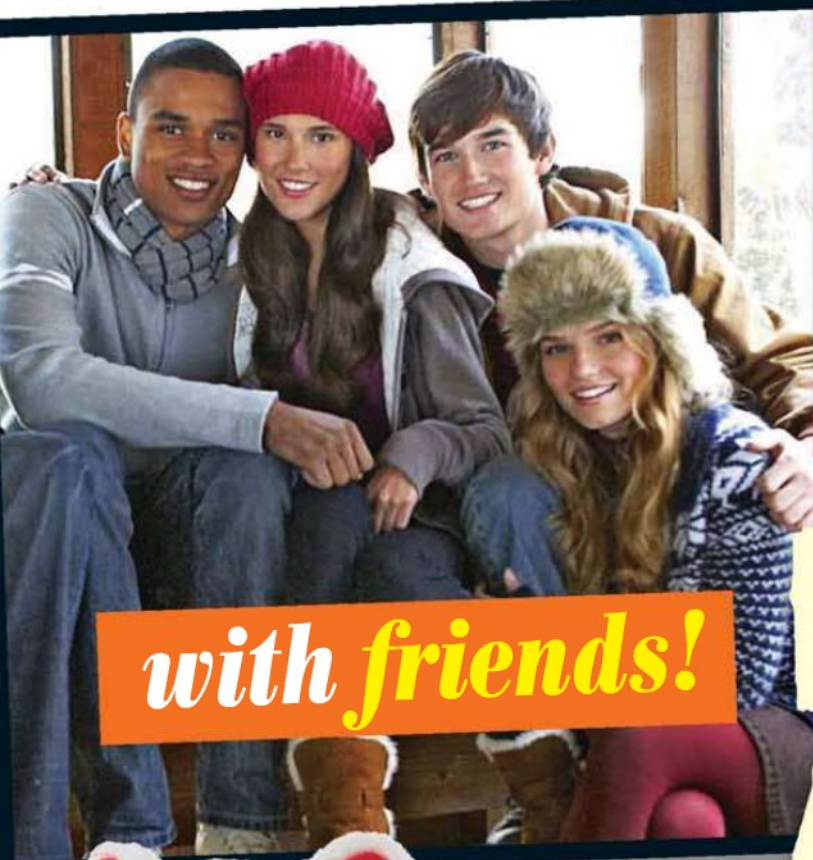


MEET NICK!

"I broke up with my girlfriend right before college—I wanted to keep my options open."

have a red-hot

It's time to stock up on candy hearts, pick out the perfect mushy e-card,



with friends!

sweeten 'em up!

Kick off V-Day with a cupcake bar! Bake a basic cake mix, then set up a buffet with icing, candy, and cookie crumbles so your friends can show off their cupcake creativity!



SPILL SECRETS!

Tell your juiciest hookup story!

Kiss the person next to you!

Try a new twist on Truth or Dare: Everyone writes a handful of truths and dares on separate slips of paper, then take turns picking them out of a pile. If you draw a truth, the whole group has to answer—but if you get a dare, you're on your own!

CRAZY GIFT EXCHANGE!

Pick "Secret Santa" names out of a hat, then split up at the mall to see who can find the sappiest V-Day present for under \$5. The cornier, the better!

CHEESY BUT SO CUTE!

I Love You

rent this movie!

Zombieland is not your typical V-Day mushfest—it's equal parts gore and romance with no sap, so your guy friends will love it as much as the girls do.



reader idea

get warm and fuzzy!

"Last Valentine's Day, my friends and I had a **bonfire** in our backyard fire pit and made s'mores (with heart cookies!). Then we went around the circle remembering and talking about our **favorite memories** together." —julie, 20, atlanta, ga

seventeen.com

Get 100 romantic V-Day date ideas at seventeen.com/vday

valentine's day!

and shower everyone with love. Here's how!

make him melt!

This decadent dark chocolate fondue is warm and mouth-watering—like the kisses guaranteed to follow!



WHAT YOU NEED

• 1 cup heavy cream • ½ stick unsalted butter
• one 12-oz. package of semisweet chocolate morsels • one 12-oz. package milk chocolate morsels • marshmallows, strawberries, and pretzels for dipping

HOW TO MAKE IT

In a large saucepan over medium heat, combine cream and butter. Bring mixture to a simmer, stirring constantly. Remove pan from heat. Add chocolate morsels. Stir until melted and smooth. Cool slightly. Transfer to a fondue pot or ceramic bowl and start dipping!

Recipe courtesy of Food Network's **Sandra Lee**



PLAY ARCADE OLYMPICS!

Pick your two favorite arcade games each and go head-to-head—it will get your hearts racing (for each other!). Winner gets a massage to soothe the skee-ball soreness.



see this movie!

Taylor Swift and Taylor Lautner are two of the zillions of stars (Jessica Alba, Anne Hathaway, and more!) in *Valentine's Day* (in theaters February 12). With 10 stories about hookups, dating, and major love lessons, it will bring you and your guy even closer!

reader idea

wish upon a star

"My boyfriend and I went to the library and checked out a book showing all the different **constellations**, and that night we went **stargazing**. It was the coolest and most romantic thing I've ever done!" —donna, 16, valley stream, ny

with your guy!

Do you have the Best Boyfriend in America?

Tell us about him at seventeen.com/bestboyfriends!
You and your BF could win a \$1,000 flat-screen TV, plus a \$1,000 shopping spree at !
See page 131 for details.

PACK A PICNIC!

Forget the crowded restaurants! Turn your living room into a cozy afternoon picnic spot. Make something sweet together—like little sandwiches cut into hearts—and spread a blanket on the floor so you can cuddle!



you in life



“i was **shot** while protecting my friends”

On the morning that a gunman opened fire at her Fort Hood Army base, Amber, 20, was so focused on getting her friends out of danger that she didn't realize her *own* life was at risk! AS TOLD TO jessica press



She was shot
through
her uniform!

My whole life, I've been a risk taker. When I was 12 years old, I begged my mom to sign me up to be a junior firefighter.

And my junior year of high school, I decided I wanted to follow in my grandfather's footsteps and join the Army as soon as I graduated. I knew it made my family nervous, but I've always wanted to help people—and I figured I might as well put my thrill-seeking streak to good use.

From my first day of Army basic training, I knew I'd chosen the right path: I loved pushing myself hard, mentally and physically, and I loved the Army's sense of teamwork. We were trained from day one to protect our "battle buddies": We'd do drills that simulated rescuing a buddy while being shot at, and it just made me more excited for my upcoming deployment to Afghanistan. Still, I never thought I'd have to put those rescue skills to use at my own home base in Fort Hood, Texas—but on November 5, 2009, that's exactly what I had to do.

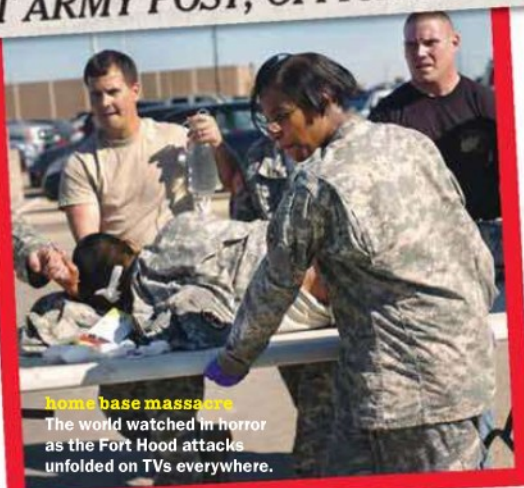
Just before noon that day, a few of us—Staff Sergeant Howard, my friend Cooke, and I—were hanging around talking in the waiting area of one of Fort Hood's small administrative buildings. A few minutes into our conversation, I heard someone yell something, then a round of shots go off. Immediately, the 100 or so people near me in the building dropped to the ground and covered their heads. I figured it was a standard training drill, so I dropped too. And after a couple of seconds, the shooting stopped. But unlike in a typical drill, I heard people screaming—and I smelled sulfur, the odor that comes with *real* gunfire. I lifted my head and saw red *everywhere*: People around me had blood seeping through their uniforms! The gunfire started *again*, and I realized the shooter was on the other side of the counter in front of me!

RESCUE MODE

Instinctively I started going through the motions I'd learned in training: While on

my hands and knees, I pushed everyone in the waiting area near me toward the door, to get them out of the building and away from the shooter. Then I low-crawled to the door, pushed it open so everyone could spill out of the building, and got on my feet and started running away from the building. I was running so fast, though, that I tripped and fell. When I looked up, I saw Cooke and Sergeant

The New York Times 12 KILLED, 31 WOUNDED IN RAMPAGE AT ARMY POST; OFFICER IS SUSPECT



Howard lying outside by the door we'd just exited. "You gotta get up!" I yelled at them, my heart racing. Sergeant Howard started running. But Cooke screamed, "I can't—I got shot!" So with all my strength, I dragged him to a truck in the parking lot that was filled with people headed to the ER. Then another friend, Hull, came running into the truck, saying over and over, "I'm gonna die, I don't want to die like this!" I put my hands on his face, looked him in the eye, and said: "I promise, I won't let you die." Then I kissed him on the forehead and hugged him. When I pulled away, there was blood on my hand: He'd been shot in the back! I kept my hand there, applying pressure to his wound. I looked down and saw he was gushing blood from his knee too—so I took off my jacket and wrapped it around his leg to make a tourniquet. The truck sped off for the hospital on the base, and I kept hugging Hull, telling him he'd be okay. I wasn't trying to reassure just him—I was trying to reassure myself too.

WAKE-UP CALL

When we got to the ER, we carried our friends inside. A nurse must have seen the fear in my eyes. "You need to sit down," she insisted. But as soon as I sat, I sprang right back up—I felt a sharp pain in my stomach. I went over to one of my sergeants, lifted my shirt, and asked, "Did I cut myself?" He said, "No! You got shot!" I didn't believe him.

I must have had so much adrenaline running through me, I hadn't felt anything. It turns out I'd been shot in the back, and the bullet was lodged in my stomach muscle, nicking my lung. As I looked over my shoulder and saw the wound, intense pain registered and I immediately started bawling. Just then, an announcement came over the loudspeaker: "Code gray!" I looked at a tag my doctor had on her coat that explained the different codes. For gray, it said: "Mass casualty." People I knew were *dying*.

TRUE HERO

The next 24 hours in the hospital were scary. I needed to know: Who was hurt? Who was dead? By the next morning, I found out that Cooke, Hull, and Sergeant Howard were stable, but another one of my friends had been killed. I was devastated. All I could do was pray that no one else would die.

I was discharged from the hospital the next night, after doctors removed the bullet and did tests to determine my lung was okay, so I went to check on Cooke and Hull. I gave Cooke a hug, and he said, "If you didn't pull me out of there, I probably wouldn't be here today." His wife said, "You are truly my hero." I didn't know what to say—I started to cry. Then I went to visit Hull. "Thank you, thank you, thank you," he said, giving me a huge hug. I'd never known what it felt like to have a full heart until that moment.

I've always wanted to help people; I just never expected to be tested like this. But I guess if you keep telling yourself that you're strong and can do anything, eventually you start to believe it—no matter what anyone (or even your own inner doubt) says. And if faced with a situation to prove it, that's just what you do. 17

secret money drains

Cut out the money-sucking habits you don't even realize you're doing! Seventeen's money guru, **Farnoosh Torabi**, shows you how!

MONEY DRAIN #1

Your closet is a disaster!

When your closet is a mess, it's easy to forget about those leggings you bought last fall or assume you lost that sweater you used to love—so you wind up rebuying stuff you don't need.

DO IT! Spend an afternoon organizing your closet like stores do: Group your stuff by category and color—jeans (blue, gray, black), skirts (short, long, dressy), etc. You'll see what you really have and get re-excited about stuff you forgot about!



YOU'LL SAVE:
\$300
a year!

Hope you got rewarded for that grande, Demi!

MONEY DRAIN #2

You don't get free rewards!

With so many stores offering freebies and discounts for customers who sign up for "membership" cards, you're basically throwing away money by not cashing in on their juicy bonuses!

DO IT! Ask every store where you regularly shop if they have a membership card, and carry them with you always!



YOU'LL SAVE:
\$200
a year!

MONEY DRAIN #3

You use random ATMs for cash!

When you go to an ATM that is not your bank's, you get slapped with a fee of around \$2—plus your bank may charge you \$1 to \$2. That's about \$4 per withdrawal down the drain!

DO IT! Take out money once a week, like every Sunday, to avoid extra ATM visits (and to keep you from buying stuff you don't need!). Also download Quicken Online Mobile with a free ATM-finder app to your iPhone; it uses GPS to figure out where your closest ATM is!

YOU'LL SAVE:
\$208
a year!



MONEY DRAIN #4

You have a messy wallet!

If your wallet is jammed with receipts, cash, and coupons, you lose out three ways: You miss out on refunds (because your receipts get all mixed up); you end up short on cash—or taking out more money than you *really* need (who tracks their cash when it's wadded up?); and you miss out on discounts (your coupons go unused—and then expire).

DO IT! Find a wallet with at least three sections—one for cash, one for receipts, and one for coupons and cards. Each week, throw out receipts that have passed the window for exchanges or refunds. (Many stores won't grant returns after 30 days.)

YOU'LL SAVE:
\$300
a year!



MY SECRET OF SUCCESS

“Impulse shopping was my biggest drain, so to avoid random splurging, I make a shopping list of exactly what I'm looking for—it makes me less likely to grab a cute tee or necklace as I walk past it. I'm forced to focus on what I'm looking for, without going overboard!”

—Chauncey Cymonè Holloman, 21, is the owner of Harlem Lyrics LLC (officialharlemlyrics.com), a line of greeting cards, stationery, and clothes worth more than \$1 million.





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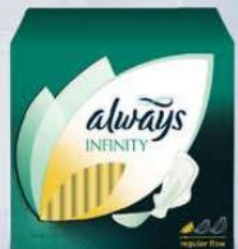
Now you see it.



Now you don't!



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*See pack for details. **5 ml, 10 minutes elapsed time. ©2009 P&G

NEW
COLUMN!

INTERN CONFESSIONS!

"i was so excited & overwhelmed!"

Jenny, 19, survived major slipups and scored sweet perks while interning at **Universal Motown Records!**

seventeen.com

Have you had a wild internship? Tell us about it at seventeen.com/interns

Kid Cudi & me at the office!

I remember the day it hit me: I was on my way into the Universal Motown Records office in midtown Manhattan, and two girls were waiting outside, dressed head to toe in neon pink and blue with purses shaped like boom boxes. They were singers, and they begged me to take their CD into the building and listen to it. 'I'm just an intern!' I said apologetically. But they didn't care: They'd come to New York to be stars, and they wanted any 'in' they could find. That's when I really realized

department, which is responsible for getting CDs into as many stores as possible. When I first started, I was so nervous—I didn't know if I was supposed to make eye contact with the bosses or say hi to them in the halls, and I was afraid I'd call them the wrong name or say something stupid. At first, I was so shy even about answering the phone that one vice president made me practice over and over picking up the phone and saying, 'Joe Smith's* office,' in a louder, more confident voice. I was mortified! But weirdly, the next week, I felt more confident. And it made the VP trust me more: After that, I'd answer his calls, shoot him an IM while I had the caller on hold, and he'd tell me whether to put them through or take a message. It sounds stupid, but handling the little things well—like answering phones or sending FedExes—makes bosses trust you.

Some people think working at a music label is all about chilling with rock stars, but it's a lot of unglamorous work too. There would be afternoons when all the interns would sit in an assembly line, putting together mailings of CDs. But there were awesome perks too. The coolest day was when Kid Cudi came to the office! I dorked out and asked him for a picture.

The music industry has a reputation as being a 'boys' club'—I was one of just a few female interns—but you can't let that hold you back from applying for a job or

intimidate you once you land one. I had to work hard, take on big and small tasks, and not make the same mistakes twice. That's how I proved I deserved to be there as much as anyone else. Plus, the president of Universal Motown is a woman, which is so inspiring. Now I really want to intern there again next summer.



Jenny lived for concerts in high school (above); as an intern, she landed a free ticket to Green Day (right)!



I got free tickets to a Kaiser Chiefs and Green Day show!



Jenny did mega-mailings for artists like Melanie Fiona.

SECRETS from the boss:

Music execs shared industry musts—and the one mistake you should never make!

GO EVERYWHERE.

Attend every office info session and meeting, and check out concerts, album releases, and any music event you can. It's the best way to stay plugged in, and be an extra pair of eyes and ears for your boss. (E-mail her updates on trends or news she may not have heard about).

LOG ON. Bookmark rollingstone.com, spin.com, billboard.com, hitsdailydouble.com, idolator.com, and stereogum.com—and read them all daily.

BE ON TIME! Never, ever be late. Just because you're working with rock stars doesn't mean you get to act like one.



LOG ON
seventeen.com/checkitout
has more info!

PROMOTION

CHECK IT OUT!

N.Y.C. New York Color "Love Is In The Air" Sweepstakes!

Valentine's Day is right around the corner girls and **N.Y.C. New York Color** has the hottest cosmetics to prepare you for your special day. Get the ultimate manicure in a minute with **In a New York Color Minute Quick Dry Nail Polish** and luscious, kissable lips with **Ultra Moist LipWear**.

PLUS, go to seventeen.com/newyorkcolor for your chance to win the "Love Is In The Air" Sweepstakes. One lucky girl will win a romantic Valentine's evening, including \$200 for a dinner night out on the town!



N.Y.C.
NEW YORK
COLOR®

NO PURCHASE NECESSARY TO ENTER OR WIN. N.Y.C. New York Color "Love Is In The Air" Sweepstakes sponsored by Hearst Communications, Inc. Go to seventeen.com/newyorkcolor and complete and submit the entry form beginning at 12:01 a.m. ET on January 5, 2010, and ending at 11:59 p.m. ET on February 8, 2010. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes open to females who are legal residents of the 50 United States and the District of Columbia, ages 13-24. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/newyorkcolor.

Sweeps & contests

Be The Next *Seventeen* Actionista of the Month on Facebook!

Get your cutest pic posted on *Seventeen's* Actionista Style Pro page on Facebook PLUS win a **free *Seventeen* gift**. Just go to facebook.com/17Actionista and post a comment! We want to get to know you! Tell us what you like best about *Seventeen* or share your fave style blogs. The Actionista who posts three or more comments on our page, while also having great style and expression, will win!

actionista of the Month

NO PURCHASE NECESSARY TO ENTER OR WIN. Actionista of the Month Contest sponsored by Hearst Communications, Inc. Contest begins at 12:01 a.m. (ET) on 10/20/09 and ends at 11:59 p.m. (ET) on 2/8/10. To enter, go to www.facebook.com/17Actionista to become a friend of *Seventeen's* Actionista Style Pro page and make a minimum of three comments on the page. A total of three winners will be selected from all qualified entries. The first winner will be selected by the *Seventeen* staff from entrants who have entered at least three comments between October 20th through November 23rd, 2009; the second winner will be selected from entrants who have entered at least three comments from November 24th through January 4th, 2010; and the third winner will be selected from entrants who have entered at least three comments from January 5th through February 8th, 2010. Each of the three winners will be named the "Seventeen Actionista of the Month" and have her photo featured on the *Seventeen* Actionista Style Pro profile page plus receive a free *Seventeen* branded item (APV: \$10). Must be female, age 13-24 years old and a resident of the 50 United States, District of Columbia. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at seventeen.com/checkitout.

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Discover your own personal style with **Style Savvy™**! Play this new, fashion-forward game and enter the world of a bustling city, filled with stylish characters and chic shops on each corner. You can help customers find the perfect look, run your own boutique, and participate in a runway show. Put some style in your stylus with more than 10,000 clothing items, shoes and accessories. Check out StyleSavvyDS.com.

NINTENDO DS™ Style Savvy™



17 suggests

Under Armour Fitness Challenge

Last Fall, Under Armour challenged UC-Berkeley students to test their strength and endurance to compete in the **Under Armour Fitness Challenge**, led by world-renowned trainer, **Todd Durkin**. Maggie Simpson and Russell Kojo were named the challenge winners and each took home \$500! Go to underarmour.com to find the ultimate in performance gear to turn up the volume on your workout.



PROMOTION

THE PATHWAY TO CONFIDENCE

WITH 
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Seventeen and Epiduo® Gel congratulate **Elizabeth** from Redwood City, CA on finding her **Pathway to Confidence**.

As our confident winner, Elizabeth received a fabulous prize package including a trip to New York City, a night out at a Broadway show, a glamorous shopping spree with a *Seventeen* Style Pro, and a visit to the *Seventeen* headquarters.

The #1 tip that makes Elizabeth feel confident is to just be friendly!



"If you're a friendly and kind person, you're able to open up and meet people who will love you for who you are..."

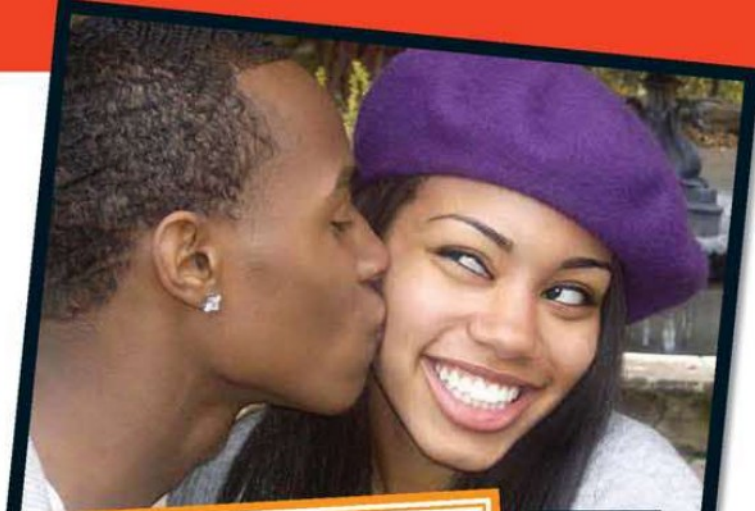
www.epiduo.com

college guys confess

seventeen's
**FRESHMAN
15**

The Freshman 15 asked
their guy friends to clear
up *your* biggest questions.

BY elisa benson



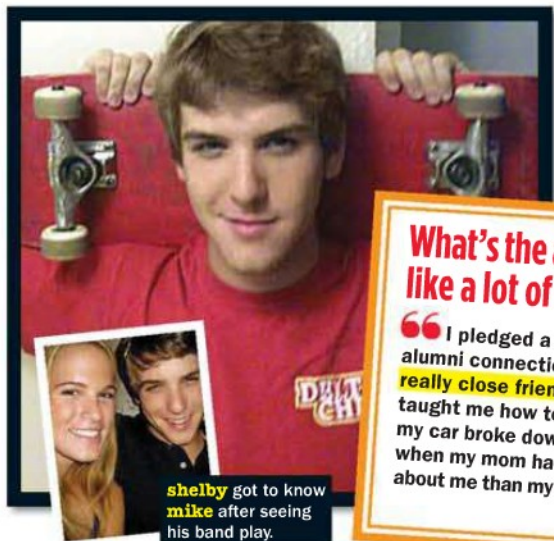
**nicholas and
quanisha**
met through a
mutual friend.

How have you changed since high school in terms of relationships?

—SYDNEY, 19, LINCOLN, NE

“In high school, if I got into a fight with my girlfriend, I'd just break up with her. I never really cared about the girls I was dating. But now that I'm finding girls I have a deeper connection with, I make a real effort to work through our problems.”

—NICHOLAS, 18, PENNSYLVANIA STATE UNIVERSITY



shelby got to know
mike after seeing
his band play.

What's the appeal of being in a frat? It seems like a lot of obnoxious guys!

—KELLY, 22, EASTON, PA

“I pledged a frat for the usual reasons: something to do, alumni connections, and parties. But what I got out of it was really close friends and help living on my own. My brothers taught me how to balance a checkbook, picked me up when my car broke down on the highway, and were there for me when my mom had a heart attack. I feel like no one cares more about me than my fraternity brothers do.”

—MIKE, 21, UNIVERSITY OF FLORIDA



**christian
and ashley**
met on
move-in day!

Do you expect to have sex with girls in college sooner?

—KRISTEN, 16, HEMPHILL, TX

“It seems like college girls expect to have sex sooner. Last year I was at a party dancing with a girl I'd just met—and she asked me to go back to her dorm with her! I was pretty surprised. In high school, I think it was easier for girls to get a reputation if they hooked up. But in college, it's not such a big deal.”

—CHRISTIAN, 19, STANFORD UNIVERSITY

How do you find the good guys at college?

—MACKENZIE, 17, HEALDTON, OK

“Parties always bring out the ‘fun guys,’ but sometimes that's all they want. The best way to meet the good guys is through class, clubs, or sports. In general, the guys who put effort into stuff like class or student organizations will be the same guys willing to put energy into a relationship with you.”

—RYAN, 19, BLACK HAWK COLLEGE

seventeen.com
Meet more cute
college guys at
[seventeen.com/
freshman15](http://seventeen.com/freshman15)

Fresh 15 on Twitter!



@dianeferrer [Diane at Quinnipiac University] Looong day today. Studying until my eyes fall out. :(Chugging a frap or two ... or five?



@jessicageek [Jessica at University of San Diego] Only have one class today :) Now if I could only get out of bed and go to it. ...



@shelikespurple [Alexa at Abilene Christian University] Let's mark this in history—for the first time in my college career, I feel well-rested: 13 hrs?!? Say what?

Get more to-the-minute updates on college life (and follow the Freshman 15 on Twitter and Facebook!) at seventeen.com/freshman15.

Check out
seventeen.com
for freebies,
ideas and
more!

Everything you need for Prom!



Buy both
on newsstands
now!

Ashley Greene's MISSION:



help homeless teens

Twilight's Ashley Greene wants you to help kids living on the street get one of their most basic needs: clothes to stay warm.

●●Hearing the stats about homelessness makes them impossible to ignore: **More than one-third of all homeless people are under 18.** But you can make a difference!●●

ASHLEY SAYS:

* WHY IT MATTERS

"While traveling the country for *Twilight* and *New Moon*, I've met teens from many different backgrounds, but one girl really stood out to me: Both of her parents lost their jobs because of the recession, and they were living in a friend's garage. Because of the economy, more and more families are now living on the street. I also learned that nearly half of runaways are fleeing from abusive homes."

* WHAT I'M DOING

"As the PSA spokesperson for Teens for Jeans, Aéropostale and DoSomething.org's annual jean drive for homeless teens, I'm donating my jeans and getting my friends and family to donate too. Last year, more than 200,000 pairs were donated to homeless shelters!"



make it YOUR mission!



DONATE!

Bring any brand of gently worn jeans to any Aéropostale store between January 19 and February 14. You'll get 25 percent off your next purchase of Aero jeans! Get the details at teensforjeans.com.

TWEET!

Go to twitter.com/feedingamerica for updates on easy ways you can get food donated to the homeless and to families, children, and seniors struggling with hunger.



I did it!



She collected 714 pairs of jeans!

“At a visit to a homeless shelter, I saw firsthand how many people don't have clean, warm clothes. So I spread the word about the Teens for Jeans drive through My Space, Facebook, text messages, and signs at school—and collected 714 pairs of jeans! This year I plan to collect even more.”

—SARAH, 16, MONROE, NC



Special thanks to DoSomething.org, a source for finding volunteer opportunities in your community. Check out the Celebs Gone Good blog to read about what your favorite stars are doing!

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SPECIAL SECTION!

seventeen's
GIRLS WHO

ROCK

These megastars share their music picks and style tricks! **BY NEHA GANDHI**

POP

KELLY CLARKSON

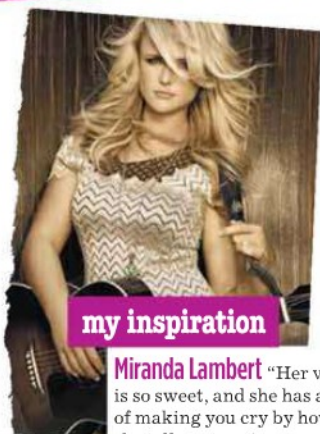


Catch her strong lyrics and addictive melodies on her latest album, *All I Ever Wanted*.



my confidence trick

A great bra! "Because then I feel like I have boobs!"



my inspiration

Miranda Lambert "Her voice is so sweet, and she has a way of making you cry by how she tells a story in a song."

MEET KELLY!
5 WINNERS
will score two tickets to see Kelly in concert—then meet her after the show! Go to seventeen.com/freebies to enter and see p.131 for more details.



STILL LIVES: JESUS AYALA/STUDIO D. STILL LIVES STYLIST: CLAIRE TEGALDI FOR HALLEY RESOURCES. CLARKSON: (MAIN PHOTO) JOE KOHEN/NEW YORK POST VIA WIREIMAGE.COM. LAMBERT: RANDY ST. NICHOLAS. TIMBERLAKE: KEVIN MAZUR/WIREIMAGE. AGUILERA: KEVIN WINTER/GETTY IMAGES. ELLIOT: CHRIS POLK/FILMMAGIC. KINGS OF LEON: JOEY FOLEY/WIREIMAGE.



Justin Timberlake



Christina Aguilera



Maroon 5

"I can't wait to hear where these guys are going to go next musically. They're some of my favorites!"

KELLY'S PLAYLIST



"EVERYBODY GOT THEIR SOMETHING" by Nikki Costa
"I love to blast this with my girlfriends."



"NARCISSUS" by Alanis Morissette
"This is my all-time favorite breakup song."



"LET ME FIX MY WEAVE" by Missy Elliott
"This is the song I'll put on when I'm dancing around in my undies!"



"COLD DESERT" by Kings of Leon
"Lead singer Caleb has this tortured-soul feel to his voice that is completely sexy."

Listen to Kelly's entire playlist at myspace.com/seventeenmagazine.
For more info on Kelly, go to myspace.com/kellyclarkson.

EDITORS' PICK

jeans
Sizes 1-13,
Dollhouse, \$48,
Dr. Jays stores

my fashion must-have

Worn-in jeans! "I have a pair I've literally worn out, but they just feel great. I'm going to wear them until they fall apart!"



faux leather jacket
Sizes XXS-L, Obey
Clothing, \$88,
shop.obeyclothing.com

No one rocks a cool leather jacket like Kelly—now steal her look!

COUNTRY

CARRIE UNDERWOOD



Check out her playful country-with-a-twist style on her latest album, *Play On!*

MEET CARRIE!

1 WINNER

will score two tickets to see Carrie at the Grand Ole Opry—then meet her backstage and take home a signed guitar. Go to seventeen.com/freebies to enter and see p.131 for more details.



new band i ♥

Love & Theft

"Cute boys. Great harmonies. Good stuff."

my style icon

Dolly Parton "She is totally confident in herself! Nobody else could pull off her style, but it works on her. Love it!"

my Idol favorites



Carrie won *American Idol* in 2005!



David Cook



Fantasia



Taylor Swift told Carrie about this designer—now she's obsessed!

dress
Sizes 0-14,
Jovani, \$360,
jovani.com

EDITORS' PICK



scarf

AMI Clubwear, \$9,
amiclubwear.com

my fashion must-have

Scarves "They are the most versatile thing—they can change the look of any outfit or add a splash of color!"

CARRIE'S PLAYLIST



"WHAT CAN I SAY" by Sons of Sylvia
"I'm lucky enough to have this duet with them on my album. They're really cool."



"FANCY" by Reba McEntire
"She has always been so classy and talented."



"LIE" by David Cook
"I really love David Cook's album."



"SUMMERTIME" by Fantasia
"She is so amazing—and she has so much heart!"

Listen to Carrie's playlist at myspace.com/seventeenmagazine. For more info on Carrie, go to myspace.com/carrieunderwood.

STILL LIVES: (DRESS) JESUS AYALA/STUDIO D.; (SCARF) CHRISTOPHER COPPOLA/STUDIO D.; (DRESS) CLAIRE TADALDI FOR HALLEY RESOURCES; (SCARF) JOHN OLSON; UNDERWOOD: (MAIN PHOTO) KENNETH WILLARDT/CORBIS OUTLINE; (IN GREEN DRESS) FREDERICK BREEDON/WIREIMAGE; (WITH PARTON) RICK DIAMOND/GETTY IMAGES; (ON AMERICAN IDOL) KEVIN WINTER/GETTY IMAGES; COOK: (MAIN) F. MICELLOTTA/AMERICAN IDOL 2008/GETTY IMAGES FOR FOX; (ON PLAYLIST) JEFFREY MAYER/WIREIMAGE; FANTASIA: (MAIN) FRANK MICELLOTTA/GETTY IMAGES; (ON PLAYLIST) LESTER COHEN/WIREIMAGE; LOVE & THEFT: JEREMY COWART; SONS OF SYLVIA: JEREMY COWART; McENTIRE: ROB HILL/WIREIMAGE.

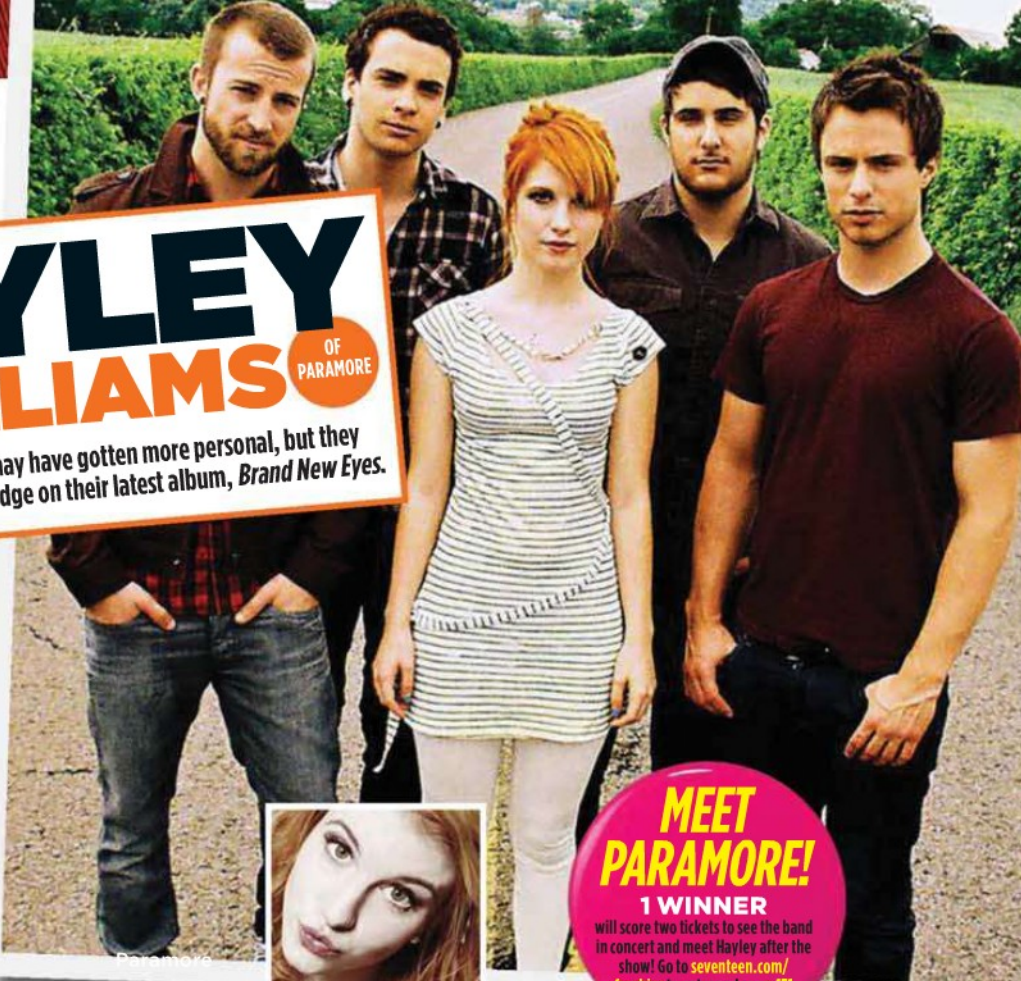
ALT-PUNK

HAYLEY WILLIAMS

OF PARAMORE



Paramore's lyrics may have gotten more personal, but they haven't lost their edge on their latest album, *Brand New Eyes*.



my guilty pleasure

Spice Girls "I don't ever feel guilty about liking music, but I'll tell you right now, the Spice Girls are the jam."

my favorite rock chick

Tegan Quinn of Tegan and Sara

"Actually, I think Tegan and her sister, Sara, should both count as one. But since I know Tegan a little better, she wins. Sorry, Sara!"



Tegan (left) and Sara

my beauty obsession



Hair color "I've been just about every shade of red, orange, and yellow—and I never thought I'd be a bottle blonde, but one day I just thought, I need a change."



MEET PARAMORE!

1 WINNER

will score two tickets to see the band in concert and meet Hayley after the show! Go to seventeen.com/freebies to enter and see p.131 for more details.

EDITORS' PICK



Hayley said she never takes off the diamond necklace her BF gave her—but you'll love this cute look-alike.

necklace

Forever 21, \$6 for set with earrings, Forever 21 stores and forever21.com

my fashion must-have

Anything by Dainty June

"My friend, designer Jen Johnson of Dainty June Clothing, always makes me look good!"

dress

Sizes 4–12, Dainty June, \$72, all-mighty.net

HAYLEY'S PLAYLIST



"FEET FIRST" by The Swellers
"They're the newest addition to our label, and they're on tour with us right now!"



"BAD THINGS" by Jace Everett "It's the *True Blood* theme song—it's always in my head because I watch the show so much."



"PARTY IN THE U.S.A." by Miley Cyrus "If you say that song's not stuck in your head too, you're lying!"



"WALKING THE DOG" by Fun
"For a good time, listen to Fun—I'm obsessed with them right now!"

Listen to Hayley's entire playlist at myspace.com/seventeenmagazine. For more info on Hayley, go to myspace.com/paramore.

STILL LIVES: JESUS AYALA/STUDIO D. STILL LIVES: TEGALDI FOR HALLEY RESOURCES. WILLIAMS: (MAIN PHOTO) RYAN RUSSELL; (BEAUTY OBSESSION PHOTOS, FROM LEFT) JEN LOWERY/STARTRAKSPHOTO.COM; JEROME WARE/ZUMA PRESS; SCOTT GRIES/PICTUREGROUP VIA AP IMAGES; SPLASH NEWS. SPICE GIRLS: MJ KIM/SPICE GIRLS LLP VIA GETTY IMAGES. TEGAN AND SARA QUINN: TIM MOSENFELDER/GETTY IMAGES; THE SWELLERS: RAYMOND BOYD/MICHAEL OCHS ARCHIVES/GETTY IMAGES; EVERETT: ROGER KISBY/GETTY IMAGES; CYRUS: JEFF KRAVITZ/FILMMAGIC; FUN: COURTESY OF LABEL.

DANCE

VICTORIA ASHER

OF COBRA STARSHIP



She's the cool girl who can hang with the guys. Her crazy fun vibe is what Cobra Starship's *Hot Mess* is all about!

my inspiration



Lady Gaga "I think she's brilliant. Her performances are like works of art as well as being just great pop songs."



my tour-bus essential

Nintendo DS "I always bring it with me and play Rhythm Heaven. You get to be this little character doing different things, while keeping perfect time with the music. I love that!"



my secret weapon

Victoria's Secret Body Mists "When you get offstage, you don't want to be a stinky girl!"

bands i grew up on



Weezer "I've known them since I was a kid and I'm always interested in hearing what they'll do next."



Modest Mouse "They're one of my favorite bands of all time. I've loved them since I was 12!"



Blonde Redhead "Kazu Makino has an incredible, powerful presence onstage. She inspired me to get into music."



Cobra Starship

Victoria is a miniskirt girl—she says you'll never catch her in pants!



skirt
Sizes XS-L,
Express, \$35,
express.com

EDITORS' PICK

my fashion must-have

A comfy dress "I have this simple, black baby-doll that I constantly have to sew the straps back onto because it falls apart all the time. It's just an easy thing to throw on—I love it."



dress
Sizes 3-13,
Grass, \$69,
Macy's

VICTORIA'S PLAYLIST



"HOTEL GANSEVOORT" by Patrick Cleandem "It reminds me of awesome '80s songs and fills my head with visions of NYC!"



"MICROPHONE" by Coconut Records "I grew up with Jason Schwartzman, and his band is incredible. I play this song constantly."



"STARSTRUCK" by Lady Gaga "I've been listening to Lady Gaga nonstop. I'm obsessed."



"WILDCAT" by Ratatat "We dance and hang out on the bus before going onstage, and we listen to a lot of Ratatat."

Listen to Victoria's entire playlist at myspace.com/seventeenmagazine. For more info on Victoria, go to myspace.com/cobrastarship.



Just download it from the App Store™
and get started on your prom shopping now!

Everything you need for Prom... in your pocket

Want to find the hottest trends for Prom?
Download the **Seventeen Fashion Finder**
iPhone App—it's like having a personal stylist
in your pocket...and, it's **FREE!**

This month, check
out **gowns, shoes
and accessories.**
Shop by designer,
vibe, item, even
color, then find it
at a store near you.



Plus, get the scoop on Selena's picks for Prom.

Look for special selections from:

JOVANI

La Femme

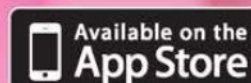
Night Moves
by ALLURE

PRECIOUS  FORMALS

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seventeen

February 2010



Taylor Momsen p.96



Super-Good Skin! p.116



It's Nicole, the winner of America's Next Top Model!

So Sexy, So Simple! p.110



Bad or Bad-A**? p.124



Crazy Love p.120

Clothes That Make You Happy p.102



YOUR LOOK!

Make yourself irresistible with fashion ideas that put a smile on your face, skin tips that give you a glow, and easy hairstyles that make you smoking hot in seconds!

seventeen.com | FEBRUARY 2010 095

TAYLOR Momsen Queen bee by day— rock star by night.

Every Monday night, you watch *Gossip Girl* to see Jenny Humphrey, the edgy girl from Brooklyn, rule her snobby New York City high school. But deep down, Jenny struggles with her newfound popularity. She feels like she doesn't fit the mold everyone wants to cram her into. That feeling is one we can all relate to—and no one knows it more clearly than the actress who plays her, 16-year-old Taylor Momsen. From the outside, Taylor seems like just another actress living the ⇨

photographs by jonty davies

By Larissa Rosenberg



ON TAYLOR: Sweater and shirt, both her own; dress, Vera Wang; (on right hand) pinky ring, her own; triangle ring and thick band ring, both Greg Wolf; (on left hand) pinky ring, her own; black and silver rings, both Josh Dotson; boots, Giuseppe Zanotti.

A close-up portrait of Taylor Momsen with long, wavy blonde hair. She is looking directly at the camera with a serious expression. Her right hand is raised, with fingers spread, partially obscuring her right eye. She is wearing dark, smoky eye makeup and bright pink lipstick. She has several rings on her fingers: a large silver triangle ring on her index finger, a thin silver band on her middle finger, a thin gold chain ring on her ring finger, and a black ring with white dots on her pinky. She is wearing a black leather jacket over a pink, fringed top. Multiple necklaces are visible, including a pearl necklace and a chain with a cross pendant.

“
You can't face
the world
if you're not
being you.
”

ON TAYLOR: Leather jacket,
Rebecca Minkoff; dress, What
Goes Around Comes Around;
triangle ring, Greg Wolf; necklaces
and pinky ring, all her own.

Hollywood dream of parties and designer clothes, but on the inside, she's so much deeper than that. What she truly wants is to connect with people through her music.

Unlike Jenny, Taylor never worried about what other people think about her. "I wasn't the popular girl in school," she explains. "I always felt that if you don't like who I am, at least I'm *being* who I am." It's that self-assuredness that helped Taylor find success at such a young age. She started modeling at just 2 years old and was able to hold her own as an actress opposite Jim Carrey in *How the Grinch Stole Christmas* at only 6. Although Taylor grew up traveling from movie set to movie set over the next 10 years, music was always her real passion—and she spent every spare minute learning to play the piano and guitar ("I get my confidence through song," she says). Her hard work paid off. Last spring she signed a record deal for her band, The Pretty Reckless, whose honest, aggressive lyrics might surprise people. But there's a lot about Taylor that's surprising: She rushed through her high school studies and graduated two years early because she wanted to start taking college classes just to challenge herself. In her free time, she makes rag dolls by hand—a hobby she's had for years. And when it comes to fashion, she's always turning heads with her grungy rocker style and her trademark smoky eyes. Taylor opened up to *Seventeen* about her childhood dreams, her teenage fears, and how music saved her.

17: You've become so well-known as an actress. Is that why you haven't made a bigger deal out of your music earlier?

Taylor Momsen: I was still evolving and I wasn't ready. I was growing as an artist. The biggest thing for me is that I don't want to put out one hit that is giant on the charts for two weeks and then goes away. I'm looking to build a career by writing more in-depth songs, and my goal is that they'll last. I want to have

a career in music and not just do it because I'm on a TV show and I can.

17: Do you think people don't take you seriously as a musician because you're an actress?

TM: I think people don't really take me seriously because I'm 16. And they think most 16-year-olds don't know what they want to do. But I actually really *do*, because I've been thinking about it since I was 2. And in the world of acting, you have such a stigma put onto you that you [get into this business] for the fame. Fame frankly means nothing. It's so stupid. Unless you do something great and unless you do something

that's fulfilling to you, what's the point?

17: What kind of songs are you writing?

TM: I write about my life and I write about what I'm thinking, and, you know, every song is different. There are love songs and sad songs. It comes from my heart, and it's really everything that I am—it's about me and what I'm feeling. Music has saved me in so many ways. It feeds my soul. I write and I write and I write until it's good. And it's good when it's honest—otherwise it's just a facade, and I don't want to be a facade.

17: Your songs are so personal—are you embarrassed for your parents to hear them?

TM: My parents have been really good about not judging what I say.

They let me express myself, and I have to thank them for that. But everyone has things she doesn't tell her mother. Unfortunately, I feel like my mother finds out everything anyway. She's like the CIA! But I love my mom to death—we have a really great relationship.

17: Who else are you close with?

TM: My sister and I are really close. She's so precious. But we're very different people. She's got a ton of friends; she's very popular. She likes to be super-social, whereas I don't like everyone knowing everything about me. I like keeping secrets. ➡



ON TAYLOR: Jacket, Rebecca Minkoff; black slip, Mary Green; dress, Riller and Fount; rhinestone bracelet, Dannijo; gunmetal bracelet, Janis Savitt; tights, her own; boots, Tania Spinelli.

17: People have said you're angsty. But what do you think?

TM: I am angsty. I'll be angsty until I'm 80 years old. I think that keeps things fresh. But I always think *angst* is such a derogatory word toward teenagers. It just means you're figuring s*** out, and I don't know why that's a negative thing.

17: What would we be surprised to know about you?

TM: I love working. I'm a workaholic, and no one believes it. I'm in the recording studio until three in the morning. I get such a rap for being like Lindsay Lohan—and I hate naming names because she's really sweet—and I'm really not. I don't go out. I have no desire be some tabloid party girl. I'm entirely a loner. I have been my entire life.

17: What were you like in school?

TM: I didn't have a ton of friends. I was kind of the goth chick who sat to the side and had a garage band and skateboarded. And then would go off and do a movie with [director] Gus Van Sant. I've kind of had a really strange life, but it's molded me into who I am.

17: Why did you want to graduate from high school early?

TM: I didn't graduate to be done with school. I like learning and I like evolving myself as a person. I think you should always do that. So I'm taking college classes. I'm a sophomore in college.

17: You have such a strong sense of style. Do you use a stylist?

TM: I had a stylist on my first season of *Gossip Girl* to kind of look a certain way to fit a mold of the show when I was out at events. But I started to feel so not like myself. And because your life becomes so invaded, it's hard when the world starts judging you as something you're not. So I had to figure out how to be

Taylor when I'm out, even if it's for a *Gossip Girl* event. I need to be me, otherwise I'm not happy. You can't face the world if you're not being you.

17: Have you always been so confident?

TM: *Confidence* is such a weird word. I wouldn't say that I'm confident. I'm totally insecure and I'm my harshest critic. And I'm consistently down on myself, and nothing is ever good enough. But my fulfillment has come from writing a good song. When I write something that I like, it's the best feeling in the world.

17: When are you at your happiest?

TM: It feels great being onstage. I'm ecstatic to tour with the music I am doing right now. And I'm ready to present it to the world. There's no night that I don't want to do it.

17: Do you feel like you're over *Gossip Girl*?

TM: No! I love being on the show. It's like two modes: There's Jenny Humphrey mode, and there's Taylor mode. It's good to get away from Taylor mode because it gets me out of my head. But at the same time, I'm so happy recording my music.

17: What do you want to be remembered for?

TM: I want to make records for the rest of my life. I'd love

for people to hear it, listen to it, enjoy it, or take something from it. I'd love to sell a lot of records, but I want people to buy it because they actually *like* it. I hope my music can touch people. **17**



ON TAYLOR: Tights (worn as sleeves), Hue; dress, Bess; necklaces and pinky ring, all her own; triangle ring and thick band, both Greg Wolf.

BE THE FIRST TO HEAR TAYLOR'S NEW MUSIC!

Get a free download of "**Make Me Wanna Die**" by The Pretty Reckless!

Go to **seventeen.com/theprettyreckless** and enter the code **gossip**.

Giveaway starts on December 29, 2009, at 12 A.M. ET. The first 10,000 Seventeen readers will get a free download. One per customer. No purchase necessary. See page 131 for more details.

TAYLOR'S *Style* EVOLUTION

She's been making fashion statements since she first set foot on the red carpet.

THEN...

NOVEMBER 2000

STORYBOOK CHIC

At 6, she was all smiles in a bright red coat when she stepped out at the *Grinch's* London premiere.

OCTOBER 2002

COOL MIX

Mixing labels (Burberry scarf!) with beat-up boots at a charity event in Beverly Hills, CA.

JANUARY 2006

DARK ANGEL

Testing out rich brown hair (and a cool boho outfit) at a party in Pasadena, CA.

AUGUST 2008

SASSY SPARKLE

Looking super-glam in a glittery dress (and slightly smoky eyes) at a party in the Hamptons.

JANUARY 2008

FLIRTY FUN

Playing up her sugary-sweet side at an event in New York during her first season on *Gossip Girl*.

JULY 2009

ROCK STAR

Rocking out with The Pretty Reckless in a hot pink dress and a leather jacket at her 16th birthday party in New York.

MAY 2009

PRETTY TOUGH

Roughing up her look at a concert in New Jersey right around the time she signed her record deal with Interscope.

OCTOBER 2009

GLAMOUR GIRL

The perfect combo of sophistication and edge at a major fashion gala in New York.

...WOW!

MOMSEN, CLOCKWISE FROM TOP LEFT: RUHE HELLESTAD/CORBIS; SGRANTZ/WIREIMAGE; JESSE GRANT/WIREIMAGE FOR THE WB TELEVISION NETWORK; JASON KEMPIN/WIREIMAGE; DIMITRIOS KAMBOURIS/WIREIMAGE; DONNA WARD/WIREIMAGE; EUGENE GOLOGURSKY/WIREIMAGE; JAMIE MCCARTHY/WIREIMAGE FOR CLEAR CHANNEL RADIO.

Clothes

THAT MAKE

HAPPY

**A few great pieces can help beat the winter blues.
(A cute puppy works pretty well too!)**

PHOTOGRAPHS BY TERRY DOYLE

ILLUSTRATIONS BY BOB BIANCHINI

floral cardi

cardigan

Sizes XS-L, Lulu's,
\$35, lulus.com.

tee

Sizes XS-L, Wildfox, \$86,
wildfoxcouture.com.

necklace

Topshop, \$45,
topshop.com.

bracelet

Topshop, \$45,
topshop.com.

ring

Betsey Johnson, \$45,
select Bloomingdale's.



motorcycle jeans

jeans

Sizes 0-13, Roxy, \$65,
roxy.com.

white tank

Sizes S-XL, RD Style, \$36,
nationaljeancompany.com.

floral tank

Sizes XS-L, Minkpink, \$50,
call 910-509-0570 to order.

sunglasses

FE New York, \$12,
fantas-eyes.com.

watch

Swatch, \$55, swatch.com.

sneakers

Sizes 5-10, Lacoste, \$130,
lacoste.com.





studded jacket

jacket

Sizes XS-L, RD Style, \$92,
nationaljeancompany.com.

tee

Sizes XS-L, DKNY Jeans
Juniors, \$24, Macy's.

pants

Sizes 2-12, H&M, \$30,
hm.com.

necklace

Lulu's, \$25, lulus.com.

stacks of pearls

pearl necklaces

JCPenney, \$15 each,
JCPenney.

red necklace

Old Navy, \$11,
Old Navy stores.

denim dress

Sizes XS-XL, DKNY Jeans,
\$79, Macy's.

shirt

Sizes XS-L, Petit Bateau,
\$87, petit-bateau.us.

bracelet

Betsey Johnson, \$115,
select Bloomingdale's.





striped neon dress

dress

Sizes XS-L, Necessary
Objects by Ady Gluck, \$58,
alloy.com.

earrings

Abbey Dawn, \$12, Kohl's.

bracelets

Thin and thick rhinestone
bracelets, Topshop, \$40 for
set of three, topshop.com;
silver bangles and silver
studded bangle, \$70 for the
set, and gold studded
bangle, \$45, all A.V. Max,
avmaxaccessories.com.

belt

Fabulosity for JCPenney,
\$15, JCPenney.

tie-dyed leggings

leggings

Hue, \$18, Macy's.

vest

Sizes XS-L, Guess, \$59, Guess stores.

tank

Sizes P-L, Generation Love Clothing, \$97, stanleykorshak.com.

shorts

Sizes 24-31, DKNY Jeans Juniors, \$59, Macy's.

necklace

A.V. Max, \$120, avmaxaccessories.com.

bracelets

On right arm: Plain gold bangles, \$60 for set of five, and gold studded bangle, \$50 for set of two, all A.V. Max, avmaxaccessories.com. On left arm: Zebra bangle, \$4, AMI Clubwear, amiclubwear.com; thick bangle, Pono by Joan Goodman, \$99, 866-336-7666.

rings

Green ring, Double Happiness Jewelry, \$98, doublehappinessjewelry.com; turquoise ring, Lucky Brand Jeans, \$35, Lord & Taylor.

shoes

Sizes 5½-11, Jessica Simpson Collection, \$89, jessicasimpsoncollection.com.





bubble skirt

skirt

Sizes 0-12, Rachel Rachel Roy, \$89, Macy's.

jacket

Sizes S-XL, Unionbay, \$48, Nordstrom.

tee

Sizes XS-XL, Insight, \$28, karmaloop.com.

pin

Lulu's, \$18, lulus.com.

bracelets

JCPenney, \$13 each, JCPenney.



So Sexy, SO SIMPLE!

Get maximum hotness with minimal effort!
Nicole, the winner of *America's Next
Top Model*, shows you the hairstyles to try.

Photographs by Fernando Milani



Make **WAVES**

A style so steamy, it just might melt the snow outside. To get these sultry waves, curl three-inch sections using a medium curling iron, then break up the curls by running a wide-tooth comb through hair.



Pony UP

Turn up the drama on your basic pony by teasing the front to create a pouf. Secure with bobby pins, then pull your hair back and wrap with an elastic. Next take a piece of hair from beneath the pony, wind it around the elastic, and pin firmly.



Shine **BRIGHT**

Light up a simple down do by adding in a few streaks of hair tinsel (available at hairtinsel.net). Take a strand of tinsel and wrap it around random pieces of hair. Knot it at the roots to secure.

ON NICOLE: (THIS PAGE) SHIRT, COREY LYNN GALTIER; (OPPOSITE PAGE) SHIRT, LOVE MOSCHINO; EARRINGS, HELEN FICALORA



Take a **BOW**

Wrap yourself up in this
flirty oversize hair bow.
Just tie it so it sits
slightly off to one side
right at your hairline.

On Nicole: Bow, Marc by Marc Jacobs.

Aim HIGHER

Want to be on top?
Try a super-tall
bun: Tease hair all
over to give it
body, then pull it
up into a high
loose pony. Wrap
it around itself
and secure with
pins. Leave the
ends out for a
messy-cool effect.

ON NICOLE: (THIS PAGE) TOP, ESLEY; EARRINGS, STYLIST'S OWN; (OPPOSITE PAGE) TOP, REBECCA TAYLOR.

Fashion Stylist: Anna Levak.
Hair: Antonio Diaz for Bumble and
Bumble/Salon Luba at igroupnyc.com.
Makeup: Gita Bass at Exclusive
Artists for Make Up For Ever.

17 TIP

Even in the winter, your skin needs sunscreen to protect it from UV rays that cause wrinkles and brown spots and can even lead to cancer! The sun's reflection off snow can be more damaging than laying out on the beach!



SUPER-GOOD SKIN!

Take your skin from so-so to spectacular! These hot new products will transform your complexion forever.

BY YESENIA ALMONTE PHOTOGRAPHS BY GREG DELVES

Your Ultimate Routine:

WONDER WASH

①



HOW-TO: Clear skin is clean skin, but harsh cleansers and too much scrubbing can make acne worse. Thankfully this gentle cleanser comes with a soft, innovative scrub pad that helps you get deep inside pores to remove dirt, oil, and makeup buildup before they get trapped inside (and cause problems later). Pour a dime-size amount of the gel onto the "scrublet" and massage your entire face for 30 seconds. Your skin will be so much happier with its new BFF!

try: L'Oréal Paris Go 360° Clean Deep Facial Cleanser, \$7, drugstores

BREAKTHROUGH PRODUCT!



②

INTENSE EXFOLIATOR

HOW-TO: Acne treatments can get into your pores better when your face is clear of dead skin cells. This classic scrub combines both chemical (salicylic acid) and physical (ground walnut shells) exfoliants in a single tube to really lift away pore-clogging gunk. If your skin is normal to dry, exfoliate just once a week at night; if it's oily or breakout-prone, exfoliate twice a week.

try: St. Ives Apricot Scrub Blemish & Blackhead Control, \$4, drugstores

MAJOR MOISTURIZER

HOW-TO: During the day, your skin works hard to protect itself from the elements—like sunlight and pollution—so treat it extra-nice at night! This genius moisturizer has antioxidants, like vitamin E and white tea, to repair any daytime damage while it hydrates. The best part is that it's not greasy, so it won't clog your pores!

try: Biore Hard Day's Night Overnight Moisturizer, \$15, drugstores



③

17 EXPERT: Macrene Alexiades-Armenakas, M.D., a dermatologist based in New York, NY.

Amazing Treatments:

BREAKOUT BUSTER

HOW-TO: If you've tried every acne product and nothing has worked, it's your lucky day. This medicated cream is the first to combine the powerful acne-fighters benzoyl peroxide and lipo-hydroxy acid (LHA): The LHA works to unblock pores, clearing up the acne you have, and the benzoyl peroxide kills bacteria to prevent new zits from popping up. Apply directly on pimples and to areas, like your T-zone, where you typically break out.

try: La Roche-Posay Effaclar AI Intensive Acne Spot Treatment, \$29, drugstores



②

PERFECT PORE REFINER

HOW-TO: The size of your pores is mostly hereditary (thanks, Mom!), but excess oil and blackheads can actually cause them to expand! Clear out the gross stuff (which will make your pores look smaller) with these pads—they contain glycolic acid to loosen the blackheads and witch hazel to remove excess oils. Wipe over your skin every night.

try: Proactiv Pore Refining Peel, \$20 for 15 packettes, proactiv.com

SUPER ILLUMINATOR

HOW-TO: Make your skin glow *without* makeup! This moisturizer has vitamin C to brighten your complexion and improve your circulation so your skin always looks perky. It also contains a yeast extract, which helps to lighten the dark spots that pimples can leave behind. Bonus: The SPF in it protects against UV exposure—and the future dark spots the sun can cause. Apply every morning for a pretty glow that doesn't wash off.

try: Clinique Even Better Skin Tone Correcting Moisturizer SPF 20, \$43, sephora.com



③



①

BREAKTHROUGH PRODUCT!

17 TIP

Your everyday face wash can't break through greasy eye makeup—which can slide onto your skin as you sleep and cause zits! So use an eye-makeup remover before you cleanse.



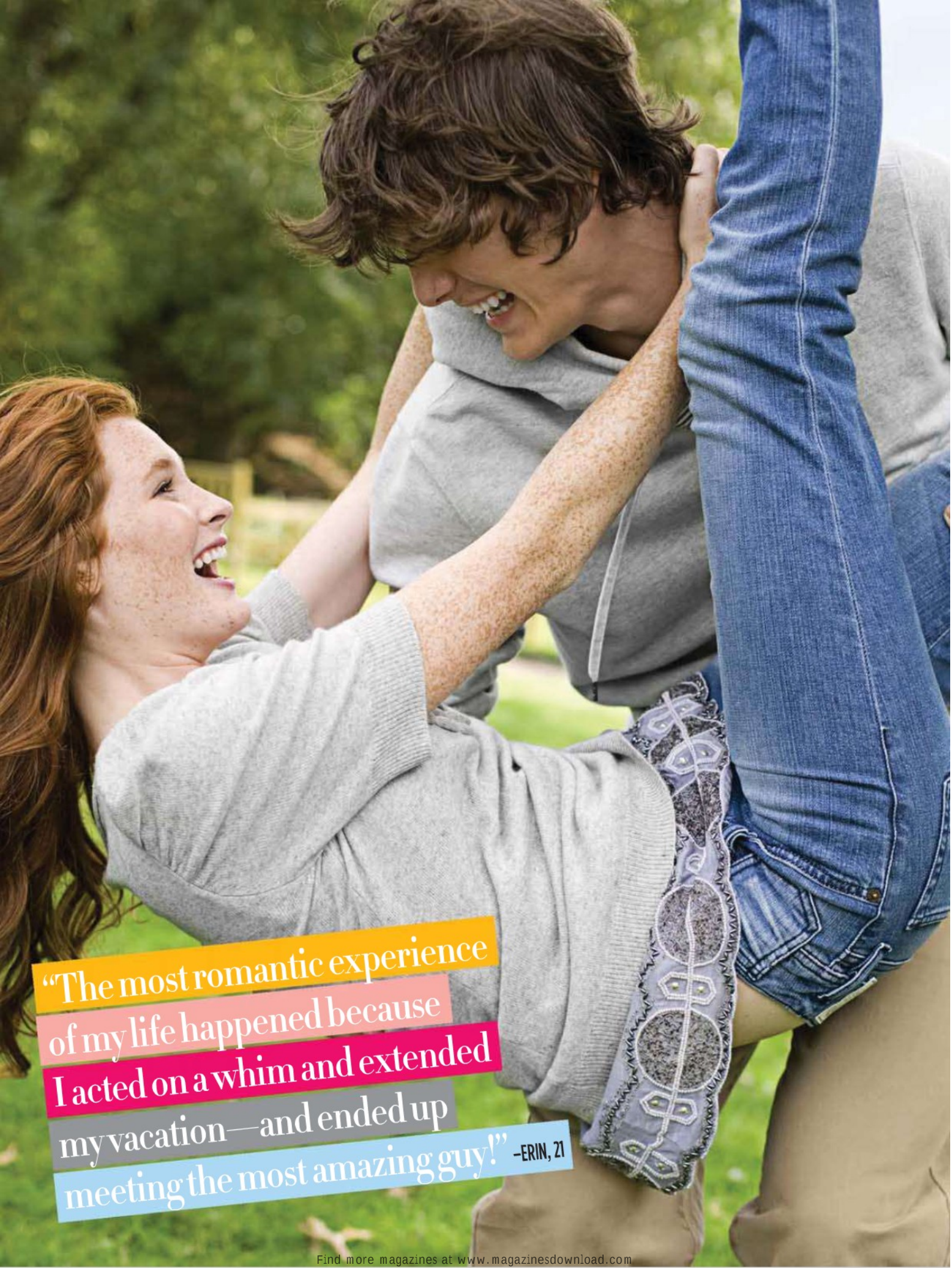


17 TIP

A good diet really can make a difference in your skin. Make skin look more radiant and help prevent wrinkles from forming by eating foods high in antioxidants, like fruits and vegetables. (A fruit smoothie is a yummy way to get them!)

Fashion Stylist: Anna Levak. Hair: Yusef for L'Oréal Professional at Factory Downtown.
Makeup: Rebecca Restrepo for CoverGirl at The Wall Group. Still Lives: J Muckle/Studio D.

Find more magazines at www.magazinesdownload.com



**"The most romantic experience
of my life happened because
I acted on a whim and extended
my vacation—and ended up
meeting the most amazing guy!"** -ERIN, 21



CRAZY LOVE

When it comes to your heart, the bigger the risk, the bigger the reward. Find out how going a little crazy can work for you!

BY ELISA BENSON

You know when you see a cute guy and get that nervous rush of butterflies—and suddenly you're thinking, I really want something to happen between us! Be honest: How many times do you actually *act* on that feeling? When you have the guts to take that first step, you open yourself up to major love adventures. And knowing you made it happen for yourself makes it even *more* delicious. Get inspired by these wild stories from real girls who found crazy love—then learn how to get it for yourself! ➡

THE CRAZY WAY I FOUND TRUE LOVE!

"I became his super-fan!"

"My crush plays football, and at the start of the season, he said he liked having support in the stands. So I decided to be his biggest super-fan! I went to every game, even when it was freezing! Sometimes I'd catch him looking up at me from the sidelines, and we'd always flirt after the games. Then one night after a game, he grabbed my hand and said, 'Will you go out with me?' He said he never realized I cared for him 'that way' until I came to all his games. I was just having fun, but I'm so glad it worked!"

—maria, 16, milpitas, ca



"I slipped my nurse a note!"

"Last year I had surgery, so I was in the hospital for four days—and in a lot of pain. When I pushed the nurse call button, the hottest guy nurse walked into my room! He had to start a new IV, and I'm *petrified* of needles—so he talked to me for 20 minutes to calm me down. After that, he would check on me every day, and on the day I was being discharged, he made a point to come to my room and say goodbye. After I was released, I couldn't stop thinking about him! So when I went in for my follow-up visit, I put my phone number on a sticky note and left it in his mailbox. He called a few days later. We've been inseparable ever since!"

—karlee, 20, west jordan, ut



"I wished for my BF—and found him!"

"I used to go to sleep making a list of everything I wanted in a boyfriend: smart, plays piano, loves to read, and British. I didn't really think I'd find a guy who'd meet the criteria—but it couldn't hurt to dream. Then in my senior year economics class, I sat next to a guy I'd never met before who seemed like the complete opposite of my list. He was from Texas, wore cowboy boots, and he'd been in a farming club! But as we kept talking in class, I found out he actually met almost all my qualifications: He played piano, loved to read, and was really smart. We

started hanging out more and more, and one day he took me to meet his parents. Imagine my surprise when my very Texan BF introduced me to his *British* mother! Now I joke with my friends that they should make a list too."

—danielle, 19, rowlett, tx



"I flew to a foreign country!"

"My parents grew up in the Dominican Republic, and every few years we'd go back to visit their closest friends. Over the years, I started falling for their son, Raulin. We became really close—talking all the time over video chat and the phone. One night over the summer, I realized I had to see him to know if our love was real. For the next two days, I emptied my savings, sold off jewelry, and worked as a stand-in cashier to raise the \$1,000 I needed to buy a plane ticket. Then I woke my parents up at 2 A.M. to say I was going to the DR—and needed to be at the airport in two hours. They were *furious*. But because they knew I'd have a safe place to stay, they decided to let me go.

It turned into the best month of my life. Raulin and I went to dinner or walked on the beach, or just stayed home with his family and watched movies. But more important, we realized how in love we really were. It was the craziest thing I ever did, but it taught me something I'll never forget: The best love gives you the strength to do things that seem impossible."

—jaely, 18, brooklyn, ny



crazy love
DARES

Feeling inspired? Push yourself to go one step outside your comfort zone.

Next time you're tempted to text your crush, get gutsy and call him. It's 10 times more gratifying!

Write a flirty "Hey, qt!" note on a Post-It and cutely slap it on your guy's textbook as you leave class.



love at first sight
If you feel it,
believe it!

just plain crazy!

Going a little wild is good—but these guys reveal when their girls went too far!

OBSSESSED!

"On our first date, a girl gave me a gift: a drawing of me. I must have looked weirded out, because she said, 'Do you not like it?' I have plenty more. Your face has won me two art contests! I'd hardly said more than hello to this girl before. Needless to say, the rest of the night was awkward." —alex, 20, bolingbrook, il

FAKER!

"I was at Walmart with the girl I was seeing when she had a major panic attack and collapsed on the floor. I totally freaked and carried her out of the store. Then she stopped and said, 'Ha-ha, I faked that so we could be alone!' I was furious. The 'escaped mental patient' act is *not* hot." —jake, 18, overland park, ks

STALKER!

"I was visiting family members about two hours from home. My girlfriend kept calling me, but I didn't respond because I was busy with my relatives. Next thing I know, she shows up! She said it was a 'surprise,' but driving two hours to crash a reunion is not the good kind of surprise. I was so annoyed." —mike, 19, exeter, ca

KLEPTO!

"I had been dating a girl for a few weeks when my toothbrushes started to disappear. I had to buy a new one five or six times before I found them hidden in her room. Apparently she had been stealing them whenever she came over. I never figured out why. And I don't think I want to know." —daniel, 21, philadelphia, pa

MAKE IT HAPPEN FOR YOU

Appreciate small coincidences. Tiny things that seem random—like that you and some guy from school have exactly the same favorite music listed on Facebook—can become the jumping-off point for something more substantial.

Get rid of bad vibes. To be truly open to new people, sever your connections with people who are toxic. Unfriend your nonfriends on Facebook, take down photos associated with bad memories, and get rid of anything in your room that reminds you of a crummy ex. When you don't let yourself move on, you keep other people at an arm's length without even realizing it.

Take more chances. Sign up for a cooking class, take a trip abroad, or ask your crush to the winter formal. When you live so that you're always looking for new experiences, you'll always find them.



KATY GETS CRAZY!

"I am very spontaneous. I once got skywriting for this boy I liked. It was for his birthday—it just said, Happy birthday, so-and-so. I wanted to show him I would go to great lengths and do something totally original. But it was bad weather and he never saw it!"

—KATY PERRY

Follow the 9 A.M. rule: Find an excuse to talk to your crush before first period—it will put you in a good mood for the rest of the day!

When a cute guy you don't know posts on your friend's Facebook page, use it as an excuse to cold message him.

With your friends, pick five locations at the mall (PacSun, the food court, etc.) and challenge yourselves to talk to a hot guy at each one!



Olivia Palermo

**shows zero respect
for her boss!**

Kristin Cavallari

**doesn't take crap
from anyone!**

Roxy Olin

is a flaky BFF!

BAD OR BAD-A**?

Where have all the good girls gone? These days, bad girls are hogging the spotlight and causing major drama. But are all bad girls the same—or do some have a secret you need to know? **BY JESSICA PRESS**

Remember how, not so long ago, sweeties like Lauren Conrad ruled the scene—and how you cheered for the good girls like her to win? But now the Laurens of the world are in hiding—even her good-girl friend Whitney Port is being overshadowed by loudmouth Roxy Olin and bitchy Olivia Palermo on *The City*. And when Kristin Cavallari returned to *The Hills* this season, MTV was so psyched to play up her drama-queen side that they rolled out an ad campaign claiming “The Bitch Is Back!” While you know your life isn’t like reality TV, there is something exciting about this new wave of bitchy girls: They have a cool kind of strength, they say things you sometimes wish you could say (but never would), and when they want something, they *get* it. The truth is, not *all* of these “bad girls” are actually bad—some, like Kristin, are *bad-a***. What’s the difference? Bad girls are vindictive and hurtful—they take other girls down to feel better about themselves. But *bad-a*** girls aren’t out to “get” anyone—they’re just strong and straightforward and don’t let anyone push them around. Turn the page to find out their tricks! ➡

Why Being a Bad-A** Is Good!

"I'M REALLY NOT A BITCH!"

To me, a bad girl is someone who's malicious and does things out of insecurity and unhappiness, just to get a rise out of people. Girls who talk crap about other girls are only doing it to make themselves feel more secure. I know—because I *used* to be like that: In junior high in Chicago, I talked behind my friends' backs and was mean to my mom for no reason and did stuff just to be shocking, like dye my hair black and pierce my own belly button. But the truth is that I wasn't tough; I was just really *unhappy*. My parents had gotten divorced, I wasn't getting along with my mom, and my dad wasn't around. But I didn't know how to deal with everything I was feeling, and I started going down such a bad path that my mom wanted to send me to boarding school.

As a last resort, I moved in with my dad in Laguna Beach—and that's when everything changed: Suddenly I had an amazing role model in him. He's strong, he's savvy, he goes after what he wants—and he encouraged me to be that way too.

It was this huge wake-up call for me to see that you *don't* get what you want, and you don't get happiness, by being bad. You get what you want, and you get happiness, by being *honest*. I never say things *just* to be mean, or to start drama—that's fake and immature. But I don't let people push me around. I believe you have to be honest with yourself about what you want, then honest with others about what that is too. It applies to *every* part of my life—jobs, guys, friends, even the little stuff. Like, I have a friend who was always borrowing

my clothes but not bringing anything back. The 'bad' me would have gotten angry, and instead of saying something to her, I would have been passive-aggressive or rude. It would have created tension, and that could have ended our friendship. So much of that kind of drama is just resentment that could go away if we all spoke up more. So the 'bad-a**' me drove to my friend's house and said, 'Listen, I need to go through your closet and take back my stuff.' Then I told her, 'In the future, when you borrow stuff, just bring it back the next time you come over, okay?' That kind of conversation can be really hard—you don't want to seem rude or pushy—but we're still friends *because* of that.

I think *more* girls should be true to what they want and need. You can't wait around for things to happen for you. You have to be proactive and, sometimes, aggressive. You have to have *power* in your life and in your relationships. If you don't speak up for yourself and speak your mind, no one else will do it for you—and how else are you *ever* going to get what you want?"

—KRISTIN CAVALLARI, 23, LOS ANGELES, CA



playing the part
Kristin seems like a beeyotch on *The Hills*, but in real life, she's strong—not mean.

Why Bad Girls Never Win!

"I WAS JUST PLAIN BAD—
AND HAD TO CHANGE!"



"My best friend had always been the ringleader of my clique, but last year, we started fighting all the time—I was fed up with going along with her. When I stopped just doing whatever she wanted, I *liked* how it felt—it was like I was on top for once. Soon after, I started putting my other friends down, as a way to have power over

them too: One day, one of my friends was looking in the mirror and said, 'I feel so ugly.' And I said: 'Well, maybe you are.' She looked at me with tears in her eyes. 'What?' I asked. 'I'm not here to shower you with compliments.' I felt mean—but *powerful*. I liked that people feared me.

But my 'reign' wound up backfiring. After a few months, my friends wouldn't speak to me! That's when I realized that this mean girl wasn't who I really was. It was just my way of coping with what was *really* going on in my life: My dad had left my mom and me, and my mom and I were struggling financially. But I 'dealt' with it by closing off my vulnerable side. I broke down to my mom one day. 'I want to be the old Erika again,' I said to her. 'But everyone hates me.' She told me, 'If you start making the right choices again, you'll have the right consequences.' I realized I wasn't trapped into being a bad girl just because that was who I'd been. I called my friends—and apologized. And thankfully, they gave me another chance. Being a bitch was easy. But it didn't make me happy. It just made my life worse."

—ERIKA NICOLE, 17, PEMBROKE PINES, FL

Bad vs. Bad-a**



No one's perfect, but sometimes it can be hard to tell when you're crossing the line. Check out how **Gossip Girl's Blair Waldorf** bounces back and forth faster than you can say **GetMeDorota!**

BAD

She has a bossy, mean streak that flares up when she feels threatened or **jealous**. (Just ask her minions—or Serena.)

When she's feeling insecure, she'll go to any length—even **lying** to her boyfriend—to get what she wants (like the freshman speaker spot at NYU).



She can use her wealth as a **superficial** shortcut to win people over (Lady Gaga party, anyone?), instead of making genuine connections.



BAD-A**

She has enough self-respect to know how to ask for **forgiveness**—and when to forgive the people close to her.

She can spot users (Bree Buckley) and manipulators (Georgina Sparks)—and is willing to **expose them** for who they really are... or banish them completely!



She can be sincerely **generous** of heart—toward the people she really trusts.



Alleged Teen Burglars Target The Stars



The Friend Effect

Could your friends secretly turn you into a bad girl?

There's a stealthy, sneaky threat that could send you down the bad-girl path: your friends. Take Rachel Lee, 19; Diana Tamayo, 19; Courtney Ames, 18; and Alexis Neiers, 18—the four friends (along with two guys) allegedly stole at least \$2.8 million in clothes and jewelry from stars like Paris Hilton and Lindsay Lohan! While they are an extreme case of girlfriends behaving badly, it's easy to get swept up in friends' bad-girl behavior—it might feel too socially risky or embarrassing to back out. That's why you need to think ahead and avoid sticky situations. Psst: Have an escape plan ready if you do get stuck in one—if your safety is on the line, it's okay to invent an "emergency" call from your sister, or "remember" that "other" thing you had to do. And if you realize your friends are constantly in bad-girl situations, it could be a wake-up call that maybe they're really not the best friends for you right now, anyway.

IS IT GOOD TO BE BAD?

Seventeen readers weigh in:



"I'm definitely for strong women—it's never fun to let yourself be walked over, and it makes me cringe just as much to watch it

happen. But stirring up drama to cause a scene is a different story—it never solves anything; it just makes more problems." —JAMIE, 20, DANVILLE, CA



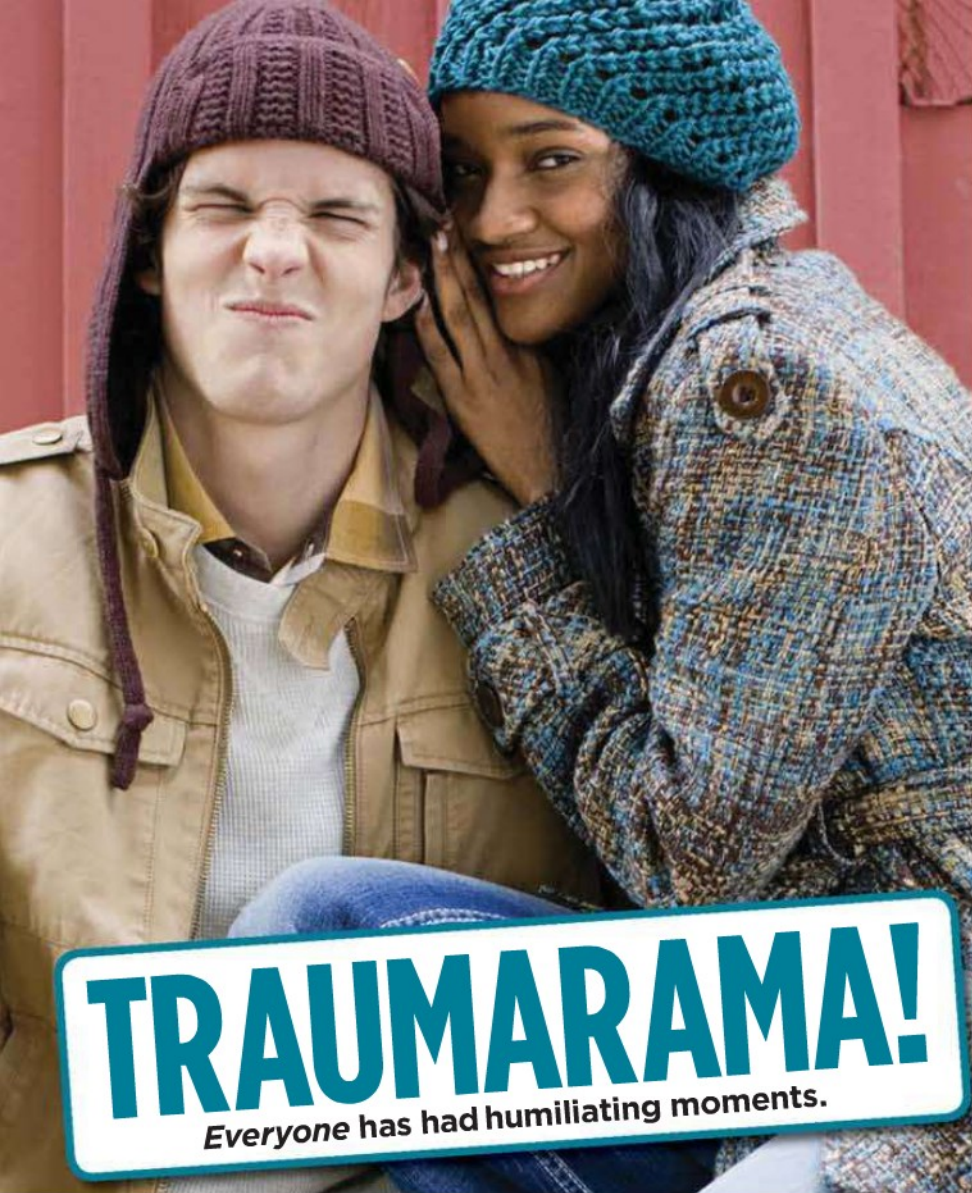
"Girls should be confident but not at the expense of others. The power you get from bringing other girls down isn't lasting. At first

you feel above everyone; but soon you realize it's mean—then you feel bad about yourself, and the cycle starts again." —MIRA, 18, MINNEAPOLIS, MN



"It can be confusing to figure out the difference between 'tough' and 'mean.' But the bottom line is that standing up for yourself is a

must—you can't let people treat you any way they want. You need to let people know how you expect to be treated." —NA'KITA, 17, COLORADO SPRINGS, CO



around him. I was trying to act cool as he was telling me a funny joke, but just as he said the punch line, I laughed so hard that I peed my pants! Then his friend walked by and shouted, 'Oh, my god! This girl just peed herself!' *Everybody* started laughing. I definitely stayed away from the rest of his games that season!"

copping a feel

"My boyfriend and I always hold hands and cuddle. One day we were waiting outside for a ride home and it was really cold. I grabbed his hands and put them up to my face to warm myself, but I grabbed them so hard his pointer finger went straight up my nose! All that came out of his mouth was, 'Ew, are you trying to pick you nose with my fingers?' I tried to laugh it off, but it was totally embarrassing!"

food fight

"My friends, my guy, and I were at a restaurant eating Chinese food. We started telling jokes, and while I was laughing, I choked on a noodle! My friend patted me on my back, but she hit me too hard, and I spit noodles all over my boyfriend's face! Now whenever we go out, my boyfriend sits beside me, not across from me."

snack attack

"My boyfriend took me to the movies for our second date and as he was going in for a kiss, the buttery popcorn I had eaten earlier started making me feel funny. About two seconds into our lip-lock, I let out the loudest burp and everyone in the movie theater heard it

take a hike

"My boyfriend and I went camping with some of our friends and our parents. While we were building a fire, my guy pulled me to the side and said it would be the perfect moment for a romantic kiss. I was unsure, because my dad and our friends were nearby, but I wanted to kiss him anyway. Just as he leaned in toward my lips, his friend walked by and said, 'Hey, Zach! What are you doing? Laying the moves on your girl?' To make matters worse, my dad stepped out of his cabin, gave me the death stare, and called my boyfriend over. I'll never know what my father told him—all I know is that we didn't date for long after that!"

pay, pal

"I was on a dinner date with this guy, and when the check came, I offered to

split it, even though I thought he would say no. But he said yes! I turned bright red and told him that I'd accidentally 'left' my wallet at home. (I didn't bring it, thinking I wouldn't need to!) He looked annoyed, and I never went on a date with him again!"

foul play

"I attended a party with my crush—a hottie from the basketball team. He was so cute and I was so nervous

FROM A GUY!

WATER PRESSURE

“To impress this girl, I took her for a walk around the lake I live by. Everything was going great, so I decided to kiss her. Just as I was leaning in, I lost my balance and tripped—into the lake! She started laughing hysterically and I had to get out soaking wet and go home to change. That was the end of that date!”

and turned around! My BF gave me a grossed-out look, and I ran to the bathroom to hide until the movie was over and the entire audience had left!”

the pits

“My class was going on a school trip, and while we were on the bus, my crush sat in the same row as me. He wouldn’t stop staring at me—or my chest! I thought it was probably because he liked me, so I texted him, ‘So do you like what you see?’ He immediately responded, ‘Um, no, I’m staring at your pit stains.’ I was beyond mortified!”

take my breath away

“I went on a double date with friends and this super-hot boy I liked from school. When we got to the pizza place, I ordered the slice of the day without knowing what it was. Later that evening, we started making out and just as we started getting into it, he said, ‘Whoa, how much garlic was on your pizza?’ The slice-of-the-day flavor had turned out to be Garlic Mania! I didn’t know how to respond, so I ran to the girls’ room and popped as many breath mints as I could fit into my mouth! But when I came back out, my friend said my date had to go home

early—it was only 8:30! He hasn’t spoken to me since!”

laughing matter

“I was hanging out with my crush and a large group one day, and we were all sharing dating stories. My crush said, ‘You can always tell if a girl likes you if she laughs at everything you say, even if it isn’t funny at all.’ Without even thinking about what he’d just said, I let out a flirty giggle. Everyone stared at me. It was so obvious at that point I was into him. It was terrible!”

tea time

“My date and I were at a really nice restaurant, and we were talking and having a great time—until my ex and his whole family walked in. They sat right next to us, and it was totally awkward, so I got up to go to the bathroom to avoid saying hi. As I stood up, I knocked over my cup and my hot tea spilled all over my date! Then my ex and his family turned around to stare at me as I was trying to help him dry off. OMG, I thought I was going to die!”

the lowdown

“I had just started dating this really cute boy and decided to ask him to my winter formal. He said he would come along but added that he really didn’t know how to dance. When we got there, the song ‘Get Low’ came on and all of my friends and I literally got low. When my boyfriend saw me nearly on the floor, he reached out to help me back up. I, however, didn’t see him, and came up really fast. I hit him square in the face and made his nose bleed! Needless to say, our dancing days are over!”

name game

“This guy Jake and I had been seeing each other for a couple weeks, when he finally came over to meet my parents. After dinner, we went downstairs to watch a movie and make out. As things were getting steamy, I blurted out, ‘I love you, Ben!’ Ben was my previous boyfriend! Jake pulled away looking pissed. Just to get back

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at me, he started calling me the names of his ex-girlfriends for the rest of the night! I felt so awful.”

secret's out

“My boyfriend’s dad picked us up after a football game and took us out to dinner. Halfway through our meal, I started getting major cramps. I went to the bathroom and realized that I had gotten my period and bled through my jeans! I had accidentally left my purse in his dad’s car, which had all my tampons in it, so I had to ask his dad for the keys. When he asked why, I said I had to get something from my purse and my guy told me to get it later. Finally I had to say, ‘I need a tampon, okay?!’ They both looked embarrassed as I took the keys and bolted toward the door. I still avoid my boyfriend’s dad whenever I see him!” **17**

FROM A
GUY!

TONGUE-TIED

“I was making out with this girl when suddenly I went to pull back and my tongue ring got stuck in her braces! We spent the next 10 minutes frantically trying to get it out and detach ourselves from each other, but she started crying and her mom came into her room because of all the weird noises she heard! We finally got unhinged, but it was super-awkward!”

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HOW TO ENTER THE VDAY DAILY FREEBIES (page 12): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, February 1, 2010, through 11:59 P.M. ET, February 28, 2010. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE FEBRUARY ALL ACCESS SWEEPSTAKES (page 66): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, December 29, 2009, through 11:59 P.M. ET, February 8, 2010. One (1) winner will receive Monika Standard Club Bag (approximate retail value: \$120), Fly Sister One+ Sneakers (approximate retail value: \$110), Fly Weight Jacket (approximate retail value: \$80), Capri Pants (approximate retail value: \$50), PRO Top (approximate retail value: \$25), and PRO Bra Top (approximate retail value: \$28) from Nike. Total approximate retail value for all prizes awarded: \$413. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE FEBRUARY SHOW OFF YOUR BEACH BODY SWEEPSTAKES (page 67): Go to seventeen.com/freebies, beginning at 12:01 A.M. ET, February 2, 2010, through 11:59 P.M. ET, February 8, 2010, and submit the entry form pursuant to the on-screen instructions. Entry form will include field for code entry. Sweepstakes code can be found by registering for Team Seventeen at seventeen.com/team17 (Seventeen will send all registered members of Team Seventeen a daily message through Team Seventeen internal messaging with the code and a link to the sweepstakes entry page during each day of the sweepstakes) or on the rules page found at <http://www.seventeen.com/rules>. One (1) winner will receive a three-night, four-day stay for a winner and guest at the Loews Miami Beach Hotel in an oceanfront double room (approximate retail value: \$1,350), a private beach yoga session for two (approximate retail value: \$125), a healthy ceviche cooking class for two with executive chef Gordon Maybury (approximate retail value: \$250), and a private afternoon for two in the PBteen Cabana, designed exclusively for Loews Miami Beach Hotel by Pottery Barn's PBteen (approximate retail value: \$100) from the Loews Miami Beach Hotel, and roundtrip airfare for two from JetBlue Airways (approximate retail value: \$598). Total approximate retail value for all prizes awarded: \$2,423. Odds of winning will depend upon the total number of eligible entries received. Open to all members who are legal female residents of the 48 contiguous United States and the District of Columbia and are ages 13-29 years of age at time of entry. Void in Puerto Rico and where prohibited by law. If winner is under 21, she must be accompanied by a parent or legal guardian. Sponsored by Hearst Communications, Inc. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE GIRLS WHO ROCK SWEEPSTAKES (page 90): NO PURCHASE NECESSARY TO ENTER OR WIN. To enter the Girls Who Rock sweepstakes sponsored by Hearst Communications, Inc., go to seventeen.com/freebies, beginning at 12:01 A.M. ET, December 28, 2009, through 11:59 P.M. ET, February 2, 2010. Five (5) winners will receive two (2) tickets to see Kelly Clarkson on tour in the city closest to his/her hometown and a meet and greet with her (approximate retail value: \$150). One (1) winner will receive two (2) tickets to see Paramore on tour in the city closest to his/her hometown and a meet and greet with the band (approximate retail value: \$60). Three (3) winners will receive two (2) tickets to see Cobra Starship on tour in the city closest to his/her hometown and a meet and greet with the band (approximate retail value: \$50). One (1) winner will receive two (2) tickets to see Carrie Underwood perform at the Grand Ole Opry, a backstage dressing room with a catered dinner, a chance to meet Carrie Underwood, and a guitar signed by her (approximate retail value: \$500). Transportation not provided. Total approximate retail value for all prizes awarded: \$1,460. Odds of winning will depend upon the total number of eligible entries received. Must be a female between the ages of 13 and 29 years and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

Contest Rules

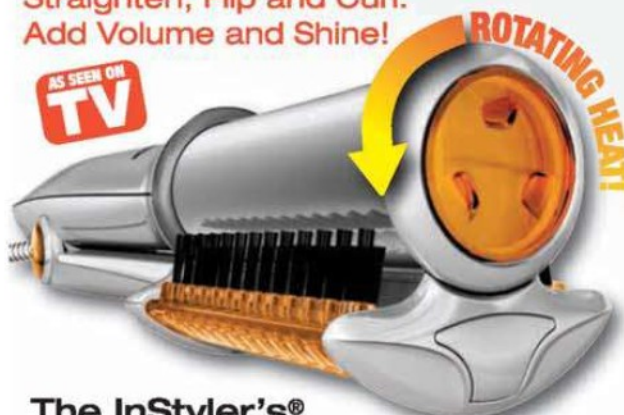
HOW TO ENTER THE BEST BOYFRIENDS IN AMERICA CONTEST (page 79): NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Beginning at 12:01 A.M. ET, December 29, 2009, through 11:59 P.M. ET, February 8, 2010, go to seventeen.com/bestboyfriends and complete and submit the entry form pursuant to the on-screen instructions, including a short-answer application on why you have the Best Boyfriend in America. Applications must include a color photo of you and your boyfriend. One grand-prize winning couple will receive a \$1,000 gift card to Pacific Sunwear (approximate retail value: \$1,000) and a flat-screen television (approximate retail value: \$1,000) and will be featured in an upcoming issue of Seventeen magazine. Nine (9) runner-up couples and one (1) readers' choice couple will receive a \$100 gift card to Pacific Sunwear (approximate retail value: \$1,000). Total approximate retail value for all prizes awarded: \$3,000. Must be female, 15-22 years old, and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/bestboyfriends.

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FEBRUARY by sally brompton

HOROSCOPES



aquarius

Jan 20–Feb 18

At the end of the month, a friend in a tricky situation will come to you for advice.

Your powers of intuition are already crazy-strong, but when the moon becomes full on the 28th, you'll immediately figure out a way to help her and it will make your bond stronger.

pisces

Feb 19–Mar 20

When your BFF is having a hard time, she has a tendency to take it out on you. Because you're so compassionate, you've let it slide, but now her behavior is starting to hurt! On the 13th, Mars will give you the courage to call her out and demand better treatment.

aries

Mar 21–Apr 19

You've been hanging with a new crush, and when Mercury shifts midmonth, it will seem like you two have *everything* in common. You can be impulsive when it comes to guys, so you'll be tempted to push for BF/GF status. See if the bond is real first.

taurus

Apr 20–May 20

You live to shop (especially if you're stressed!), but you always keep your spending in check. Watch out when Jupiter and Venus link up on the 17th: It will take all your willpower *not* to blow your savings. Why risk it? Avoid the mall and invite your girls over instead.

gemini

May 21–Jun 20

You love your friends to pieces, but lately it's been the "same old, same old"—so frustrating for a restless girl like you! Luckily the moon will turn new in mid-February, and you'll meet a new guy friend who brings lots of fun into your life. PS: He's cute too!

cancer

Jun 21–Jul 22

All your girls have been crushing on a hot new guy at school, and you're no exception. So far, you've been too shy to approach him, but on the 18th, the sun will boost your confidence and you'll make your move with a flirty text. He'll be psyched!

leo

Jul 23–Aug 22

You're used to being the center of attention, but lately you've been out of the spotlight. Just wait until the 28th, when Jupiter and the sun urge you to make major waves, especially when it comes to your style. If anyone can mix and match trends, it's you!

virgo

Aug 23–Sep 22

You're usually Little Miss Organized, but last month you let a few things slip and it has you feeling totally frazzled. Hang in there, Virgo! On the 23rd, Pluto will send you the focus and energy you need to get back on top of your game. Phew!

libra

Sep 23–Oct 22

Happy Valentine's Day! You've been attracted to a guy friend for a long time and for good reason—he's as sweet as he is cute! Thanks to Neptune and the sun, he'll find an adorable way to reveal his true feelings for you on the 14th! This guy is pretty perfect!

scorpio

Oct 23–Nov 21

You have a rep for being fiercely private, but on the 8th, Neptune will prompt you to share a few of your deepest, darkest secrets with your friends. They'll be stunned at first, but they'll be happy to see this new side of you *and* they'll have great advice to offer!

sagittarius

Nov 22–Dec 21

One of your girls has been clingy lately, and you're starting to feel smothered. (Plus, you miss your other friends!) On the 6th, Pluto and Jupiter will help you find a gentle way to let her know you need a little time apart. She may feel hurt at first, but she'll get it.

capricorn

Dec 22–Jan 19

Get ready to turn some heads! When Venus, the planet of beauty, moves in your favor on the 8th, you'll treat yourself to a total makeover (hair, makeup, clothes, the works), and the results will be amazing. Your crush will love the new look!

A full-page photograph of the singer Demilovato performing on stage. She is wearing a black leather jacket over a teal shirt and black pants, holding a microphone and smiling. She is surrounded by a crowd of fans with their hands raised, and bright stage lights are visible in the background.

got milk?

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On stage I get my energy from my fans.
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